



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Caroline Schuster

Number: 164

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39) A

Total time: 1:55:12

Speed: 8.59 km/h
Running performance: 6:58 min/km

Rank in course/Total: 169 (of 198)

Rank in course/Women: 40 (of 54)

Best time in course: 1:23:04

Rank in category: 9(of 12)

Best time in the category: 1:29:03

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	28:33	7:08	10	8:10	44	9:03	4.00	28:33	7:08	10	8:10	44	9:03
Plessenburg	3.00	30:35	10:11	8	5:30	34	6:54	7.00	59:08	8:26	10	13:40	40	15:26
Abzweig rote Brü	3.00	24:01	8:00	9	6:05	45	7:36	10.00	1:23:09	8:18	10	19:45	45	22:57
Ilseburg/Markt	6.50	32:03	4:55	9	6:58	41	9:11	16.50	1:55:12	6:58	9	26:09	40	32:08