



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Caroline Ilgner

Club: Bier-Bären-Bande
Number: 81

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39) A

Total time: 1:56:08

Speed: 8.27 km/h
Running performance: 7:02 min/km

Rank in course/Total: 177 (of 198)

Rank in course/Women: 46 (of 54)

Best time in course: 1:23:04

Rank in category: 10(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 | 23:34 | 5:53 | 5 | 3:11 | 23 | 4:04 | 4.00 | 23:34 | 5:53 | 5 | 3:11 | 23 | 4:04 |
| Plessenburg | 3.00 | 31:24 | 10:28 | 10 | 6:19 | 43 | 7:43 | 7.00 | 54:58 | 7:51 | 8 | 9:30 | 33 | 11:16 |
| Abzweig rote Brü | 3.00 | 25:12 | 8:24 | 10 | 7:16 | 51 | 8:47 | 10.00 | 1:20:10 | 8:01 | 8 | 16:46 | 35 | 19:58 |
| Ilseburg/Markt | 6.50 | 35:58 | 5:31 | 10 | 10:53 | 51 | 13:06 | 16.50 | 1:56:08 | 7:02 | 10 | 27:05 | 46 | 33:04 |