



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