



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Melanie Böttcher

Club: Team OWOC
Number: 22

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39) A

Total time: 2:08:44

Speed: 7.46 km/h
Running performance: 7:48 min/km

Rank in course/Total: 192 (of 198)

Rank in course/Women: 52 (of 54)

Best time in course: 1:23:04

Rank in category: 11(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	28:58	7:14	11	8:35	50	9:28	4.00	28:58	7:14	11	8:35	50	9:28
Plessenburg	3.00	35:27	11:49	11	10:22	51	11:46	7.00	1:04:25	9:12	11	18:57	51	20:43
Abzweig rote Brü	3.00	26:20	8:46	11	8:24	53	9:55	10.00	1:30:45	9:04	11	27:21	51	30:33
Ilseburg/Markt	6.50	37:59	5:50	12	12:54	54	15:07	16.50	2:08:44	7:48	11	39:41	52	45:40