



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Kristin Krumbiegel

Club: erst laufen dann saufen
Number: 109

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W35 (35-39) A

Total time: 2:14:06

Speed: 7.16 km/h
Running performance: 8:07 min/km

Rank in course/Total: 197 (of 198)

Rank in course/Women: 54 (of 54)

Best time in course: 1:23:04

Rank in category: 12(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	30:28	7:36	12	10:05	53	10:58	4.00	30:28	7:36	12	10:05	53	10:58
Plessenburg	3.00	35:44	11:54	12	10:39	52	12:03	7.00	1:06:12	9:27	12	20:44	52	22:30
Abzweig rote Brü	3.00	30:32	10:10	12	12:36	54	14:07	10.00	1:36:44	9:40	12	33:20	54	36:32
Ilseburg/Markt	6.50	37:22	5:44	11	12:17	53	14:30	16.50	2:14:06	8:07	12	45:03	54	51:02