



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Susanne Edelmann

Club: Team Susi & Jenson
Number: 42

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W40 (40-44) A

Total time: 1:23:04

Speed: 11.56 km/h
Running performance: 5:02 min/km

Rank in course/Total: 41 (of 198)

Rank in course/Women: 1 (of 54)

Best time in course: 1:23:04

Rank in category: 1(of 7)

Best time in the category: 1:23:04

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	19:30	4:52	1	-	1	-	4.00	19:30	4:52	1	-	1	-
Plessenburg	3.00	24:17	8:05	2	0:36	5	0:36	7.00	43:47	6:15	2	0:05	2	0:05
Abzweig rote Brü	3.00	16:25	5:28	1	-	1	-	10.00	1:00:12	6:01	1	-	1	-
Ilseburg/Markt	6.50	22:52	3:31	1	-	1	-	16.50	1:23:04	5:02	1	-	1	-