



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Elena Jopp

Club: USC Kiel
Number: 85

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W40 (40-44) A

Total time: 1:31:45

Speed: 10.46 km/h
Running performance: 5:33 min/km

Rank in course/Total: 85 (of 198)

Rank in course/Women: 14 (of 54)

Best time in course: 1:23:04

Rank in category: 3(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	21:29	5:22	3	1:59	7	1:59	4.00	21:29	5:22	3	1:59	7	1:59
Plessenburg	3.00	25:54	8:37	3	2:13	18	2:13	7.00	47:23	6:46	3	3:41	12	3:41
Abzweig rote Brücke	3.00	18:24	6:07	3	1:59	15	1:59	10.00	1:05:47	6:34	3	5:35	12	5:35
Ilseburg/Markt	6.50	25:58	3:59	4	3:06	12	3:06	16.50	1:31:45	5:33	3	8:41	14	8:41