



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Annett Lehmann

Number: 113

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W40 (40-44) A

Total time: 1:32:57

Speed: 10.33 km/h

Running performance: 5:38 min/km

Rank in course/Total: 90 (of 198)

Rank in course/Women: 16 (of 54)

Best time in course: 1:23:04

Rank in category: 4 (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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	22:45	5:41	5	3:15	19	3:15	4.00	22:45	5:41	5	3:15	19	3:15
Plessenburg	3.00	26:12	8:43	4	2:31	19	2:31	7.00	48:57	6:59	4	5:15	18	5:15
Abzweig rote Brü	3.00	18:40	6:13	4	2:15	19	2:15	10.00	1:07:37	6:45	4	7:25	18	7:25
Ilseburg/Markt	6.50	25:20	3:53	3	2:28	9	2:28	16.50	1:32:57	5:38	4	9:53	16	9:53