



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Stephanie Ugorets

Number: 186

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W40 (40-44) A

Total time: 1:36:25

Speed: 9.96 km/h

Running performance: 5:50 min/km

Rank in course/Total: 111 (of 198)

Rank in course/Women: 22 (of 54)

Best time in course: 1:23:04

Rank in category: 5(of 7)

Best time in the category: 1:23:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	22:12	5:32	4	2:42	15	2:42	4.00	22:12	5:32	4	2:42	15	2:42
Plessenburg	3.00	27:48	9:16	5	4:07	25	4:07	7.00	50:00	7:08	5	6:18	22	6:18
Abzweig rote Brü	3.00	19:00	6:19	5	2:35	20	2:35	10.00	1:09:00	6:54	5	8:48	22	8:48
Ilseburg/Markt	6.50	27:25	4:13	5	4:33	23	4:33	16.50	1:36:25	5:50	5	13:21	22	13:21