



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Steffi Eversz

Club: Laufen gegen Leiden
Number: 49

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W40 (40-44) A

Total time: 1:42:34

Speed: 9.65 km/h
Running performance: 6:12 min/km

Rank in course/Total: 135 (of 198)

Rank in course/Women: 29 (of 54)

Best time in course: 1:23:04

Rank in category: 6(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	25:42	6:25	6	6:12	34	6:12	4.00	25:42	6:25	6	6:12	34	6:12
Plessenburg	3.00	28:14	9:24	6	4:33	27	4:33	7.00	53:56	7:42	6	10:14	31	10:14
Abzweig rote Brü	3.00	20:55	6:58	6	4:30	30	4:30	10.00	1:14:51	7:29	6	14:39	31	14:39
Ilseburg/Markt	6.50	27:43	4:15	6	4:51	26	4:51	16.50	1:42:34	6:12	6	19:30	29	19:30