



# 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: 9.36 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 | 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        |