



41. Oster-Ilsetallauf
Ilseburg / 30.03.2024

Detailed evaluation

Martina Wadehn

Number: 190

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W40 (40-44) A

Total time: 1:53:58

Speed: 8.69 km/h

Running performance: 6:54 min/km

Rank in course/Total: 166 (of 198)

Rank in course/Women: 39 (of 54)

Best time in course: 1:23:04

Rank in category: 7(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	27:15	6:48	7	7:45	38	7:45	4.00	27:15	6:48	7	7:45	38	7:45
Plessenburg	3.00	32:17	10:45	7	8:36	46	8:36	7.00	59:32	8:30	7	15:50	44	15:50
Abzweig rote Brü	3.00	22:08	7:22	7	5:43	36	5:43	10.00	1:21:40	8:10	7	21:28	40	21:28
Ilseburg/Markt	6.50	32:18	4:58	7	9:26	46	9:26	16.50	1:53:58	6:54	7	30:54	39	30:54