



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Nadine Pohl

Club: Huy-Läuferinnen
Number: 132

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49) A

Total time: 1:31:44

Speed: 10.47 km/h
Running performance: 5:33 min/km

Rank in course/Total: 83 (of 198)

Rank in course/Women: 13 (of 54)

Best time in course: 1:23:04

Rank in category: 1(of 10)

Best time in the category: 1:31:44

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	21:58	5:29	1	-	12	2:28	4.00	21:58	5:29	1	-	12	2:28
Plessenburg	3.00	25:09	8:22	1	-	11	1:28	7.00	47:07	6:43	1	-	11	3:25
Abzweig rote Brü	3.00	18:27	6:08	1	-	16	2:02	10.00	1:05:34	6:33	1	-	11	5:22
Ilseburg/Markt	6.50	26:10	4:01	1	-	17	3:18	16.50	1:31:44	5:33	1	-	13	8:40