



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Sandra Homann

Club: Gaensefurther Sportbewegung

Number: 79

Course: 16.50 km

16,5 km - Lauf

Category:

Seniorinnen W45 (45-49) A

Total time: 1:40:36

Speed: 9.54 km/h

Running performance: 6:05 min/km

Rank in course/Total: 125 (of 198)

Rank in course/Women: 27 (of 54)

Best time in course: 1:23:04

Rank in category: 2(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	25:20	6:19	3	3:22	29	5:50	4.00	25:20	6:19	3	3:22	29	5:50
Plessenburg	3.00	28:19	9:26	2	3:10	29	4:38	7.00	53:39	7:39	3	6:32	29	9:57
Abzweig rote Brü	3.00	19:16	6:25	2	0:49	23	2:51	10.00	1:12:55	7:17	2	7:21	27	12:43
Ilseburg/Markt	6.50	27:41	4:15	2	1:31	25	4:49	16.50	1:40:36	6:05	2	8:52	27	17:32