



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Jennifer Portwig

Number: 134

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49) A

Total time: 1:41:55

Speed: 9.71 km/h

Running performance: 6:10 min/km

Rank in course/Total: 131 (of 198)

Rank in course/Women: 28 (of 54)

Best time in course: 1:23:04

Rank in category: 3(of 10)

Best time in the category: 1:31:44

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	23:45	5:56	2	1:47	24	4:15	4.00	23:45	5:56	2	1:47	24	4:15
Plessenburg	3.00	29:28	9:49	3	4:19	33	5:47	7.00	53:13	7:36	2	6:06	28	9:31
Abzweig rote Brü	3.00	20:28	6:49	3	2:01	27	4:03	10.00	1:13:41	7:22	3	8:07	29	13:29
Ilseburg/Markt	6.50	28:14	4:20	3	2:04	28	5:22	16.50	1:41:55	6:10	3	10:11	28	18:51