



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Doreen Ehrenfeld

Number: 46

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49) A

Total time: 1:46:36

Speed: 9.01 km/h

Running performance: 6:27 min/km

Rank in course/Total: 145 (of 198)

Rank in course/Women: 32 (of 54)

Best time in course: 1:23:04

Rank in category: 4(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	25:26	6:21	4	3:28	30	5:56	4.00	25:26	6:21	4	3:28	30	5:56
Plessenburg	3.00	30:46	10:15	4	5:37	37	7:05	7.00	56:12	8:01	4	9:05	34	12:30
Abzweig rote Brü	3.00	20:55	6:58	4	2:28	30	4:30	10.00	1:17:07	7:42	4	11:33	33	16:55
Ilseburg/Markt	6.50	29:29	4:32	4	3:19	33	6:37	16.50	1:46:36	6:27	4	14:52	32	23:32