



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Inga Schaper

Number: 154

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49) A

Total time: 1:51:01

Speed: 8.65 km/h

Running performance: 6:43 min/km

Rank in course/Total: 156 (of 198)

Rank in course/Women: 36 (of 54)

Best time in course: 1:23:04

Rank in category: 5(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	25:47	6:26	5	3:49	35	6:17	4.00	25:47	6:26	5	3:49	35	6:17
Plessenburg	3.00	31:58	10:39	7	6:49	44	8:17	7.00	57:45	8:15	5	10:38	36	14:03
Abzweig rote Brü	3.00	23:16	7:45	5	4:49	41	6:51	10.00	1:21:01	8:06	5	15:27	38	20:49
Ilseburg/Markt	6.50	30:00	4:36	5	3:50	35	7:08	16.50	1:51:01	6:43	5	19:17	36	27:57