



41. Oster-Ilsetallauf
Ilseburg / 30.03.2024

Detailed evaluation

Silke Zucknick

Number: 210

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49) A

Total time: 1:55:24

Speed: 8.58 km/h

Running performance: 6:59 min/km

Rank in course/Total: 171 (of 198)

Rank in course/Women: 42 (of 54)

Best time in course: 1:23:04

Rank in category: 6(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	28:36	7:09	8	6:38	46	9:06	4.00	28:36	7:09	8	6:38	46	9:06
Plessenburg	3.00	30:49	10:16	5	5:40	39	7:08	7.00	59:25	8:29	6	12:18	42	15:43
Abzweig rote Brü	3.00	23:43	7:54	6	5:16	43	7:18	10.00	1:23:08	8:18	6	17:34	44	22:56
Ilseburg/Markt	6.50	32:16	4:57	7	6:06	42	9:24	16.50	1:55:24	6:59	6	23:40	42	32:20