



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Nancy Bothe

Club: Gaensefurther Sportbewegung
Number: 19

Course: 16.50 km
16,5 km - Lauf

Category:

Seniorinnen W45 (45-49) A

Total time: 1:58:32

Speed: 8.35 km/h

Running performance: 7:11 min/km

Rank in course/Total: 182 (of 198)

Rank in course/Women: 48 (of 54)

Best time in course: 1:23:04

Rank in category: 7(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	28:26	7:06	6	6:28	42	8:56	4.00	28:26	7:06	6	6:28	42	8:56
Plessenburg	3.00	31:18	10:26	6	6:09	42	7:37	7.00	59:44	8:31	7	12:37	46	16:02
Abzweig rote Brü	3.00	24:29	8:09	8	6:02	49	8:04	10.00	1:24:13	8:25	7	18:39	46	24:01
Ilseburg/Markt	6.50	34:19	5:16	9	8:09	50	11:27	16.50	1:58:32	7:11	7	26:48	48	35:28