



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Verena Hildebrandt

Club: Gaensefurther Sportbewegung
Number: 75

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49) A

Total time: 1:59:47

Speed: 8.26 km/h
Running performance: 7:15 min/km

Rank in course/Total: 184 (of 198)

Rank in course/Women: 49 (of 54)

Best time in course: 1:23:04

Rank in category: 8(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 | 28:28 | 7:06 | 7 | 6:30 | 43 | 8:58 | 4.00 | 28:28 | 7:06 | 7 | 6:30 | 43 | 8:58 |
| Plessenburg | 3.00 | 33:16 | 11:05 | 8 | 8:07 | 49 | 9:35 | 7.00 | 1:01:44 | 8:49 | 8 | 14:37 | 49 | 18:02 |
| Abzweig rote Brü | 3.00 | 24:03 | 8:01 | 7 | 5:36 | 46 | 7:38 | 10.00 | 1:25:47 | 8:34 | 8 | 20:13 | 50 | 25:35 |
| Ilseburg/Markt | 6.50 | 34:00 | 5:13 | 8 | 7:50 | 48 | 11:08 | 16.50 | 1:59:47 | 7:15 | 8 | 28:03 | 49 | 36:43 |