



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: 8.01 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