



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Bianca Roseburg

Club: FM+FF
Number: 148

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49) A

Total time: 2:03:24

Speed: 7.78 km/h
Running performance: 7:28 min/km

Rank in course/Total: 189 (of 198)

Rank in course/Women: 51 (of 54)

Best time in course: 1:23:04

Rank in category: 9(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	29:14	7:18	9	7:16	51	9:44	4.00	29:14	7:18	9	7:16	51	9:44
Plessenburg	3.00	37:45	12:35	10	12:36	54	14:04	7.00	1:06:59	9:34	9	19:52	53	23:17
Abzweig rote Brücke	3.00	24:56	8:18	9	6:29	50	8:31	10.00	1:31:55	9:11	9	26:21	52	31:43
Ilseburg/Markt	6.50	31:29	4:50	6	5:19	39	8:37	16.50	2:03:24	7:28	9	31:40	51	40:20