



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Angela Kralemann-Köhler

Club: Wir machen's laufend!
Number: 102

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W45 (45-49) A

Total time: 2:12:53

Speed: 7.22 km/h
Running performance: 8:03 min/km

Rank in course/Total: 194 (of 198)

Rank in course/Women: 53 (of 54)

Best time in course: 1:23:04

Rank in category: 10(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	33:49	8:27	10	11:51	54	14:19	4.00	33:49	8:27	10	11:51	54	14:19
Plessenburg	3.00	36:59	12:19	9	11:50	53	13:18	7.00	1:10:48	10:06	10	23:41	54	27:06
Abzweig rote Brü	3.00	25:51	8:37	10	7:24	52	9:26	10.00	1:36:39	9:39	10	31:05	53	36:27
Ilseburg/Markt	6.50	36:14	5:34	10	10:04	52	13:22	16.50	2:12:53	8:03	10	41:09	53	49:49