



# 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: 7.45 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 | 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     | 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        |