



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Cornelia Klockau

Club: SwimBikeRun Halberstadt e.V.
Number: 94

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W50 (50-54) A

Total time: 1:25:38

Speed: 11.56 km/h
Running performance: 5:11 min/km

Rank in course/Total: 52 (of 198)

Rank in course/Women: 3 (of 54)

Best time in course: 1:23:04

Rank in category: 1(of 6)

Best time in the category: 1:25:38

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 Tännatal	4.00	21:32	5:23	1	-	8	2:02	4.00	21:32	5:23	1	-	8	2:02
Plessenburg	3.00	23:48	7:56	1	-	2	0:07	7.00	45:20	6:28	1	-	5	1:38
Abzweig rote Brü	3.00	16:53	5:37	1	-	3	0:28	10.00	1:02:13	6:13	1	-	4	2:01
Ilseburg/Markt	6.50	23:25	3:36	1	-	3	0:33	16.50	1:25:38	5:11	1	-	3	2:34