



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Corinna Wedde-Lindenberg

Club: Sparkasse Hildesheim Goslar Peine
Number: 196

Course: 16.50 km
16,5 km - Lauf

Category:

Seniorinnen W50 (50-54) A

Total time: 1:31:40

Speed: 10.47 km/h

Running performance: 5:33 min/km

Rank in course/Total: 82 (of 198)

Rank in course/Women: 12 (of 54)

Best time in course: 1:23:04

Rank in category: 2 (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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	24:01	6:00	3	2:29	26	4:31	4.00	24:01	6:00	3	2:29	26	4:31
Plessenburg	3.00	24:47	8:15	2	0:59	6	1:06	7.00	48:48	6:58	2	3:28	16	5:06
Abzweig rote Brü	3.00	17:37	5:52	2	0:44	5	1:12	10.00	1:06:25	6:38	2	4:12	15	6:13
Ilseburg/Markt	6.50	25:15	3:53	2	1:50	8	2:23	16.50	1:31:40	5:33	2	6:02	12	8:36