



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Nicole Wehmeier**

Club: Brockenlaufverein  
Number: 197

Course: 16.50 km  
16,5 km - Lauf

Category:  
Seniorinnen W50 (50-54) A

Total time: 1:33:48

Speed: 10.23 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 97 (of 198)

Rank in course/Women: 19 (of 54)

Best time in course: 1:23:04

Rank in category: 3(of 6)

Best time in the category: 1:25:38

### Intermediate times

### Stage score

### Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                  |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Abzweig Tännatal | 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        | 24:57         | 8:18            | 3           | 1:09           | 9            | 1:16            | 7.00          | 48:58         | 6:59            | 3           | 3:38           | 19           | 5:16            |
| Abzweig rote Brü | 3.00        | 18:03         | 6:00            | 3           | 1:10           | 11           | 1:38            | 10.00         | 1:07:01       | 6:42            | 3           | 4:48           | 17           | 6:49            |
| Ilseburg/Markt   | 6.50        | 26:47         | 4:07            | 3           | 3:22           | 19           | 3:55            | 16.50         | 1:33:48       | 5:41            | 3           | 8:10           | 19           | 10:44           |