



# 41. Oster-Ilsetallauf

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 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	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