



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Ute Döppelheuer

Number: 41

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W50 (50-54) A

Total time: 1:39:45

Speed: 9.62 km/h

Running performance: 6:02 min/km

Rank in course/Total: 123 (of 198)

Rank in course/Women: 25 (of 54)

Best time in course: 1:23:04

Rank in category: 4(of 6)

Best time in the category: 1:25:38

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	25:34	6:23	5	4:02	32	6:04	4.00	25:34	6:23	5	4:02	32	6:04
Plessenburg	3.00	26:52	8:57	4	3:04	22	3:11	7.00	52:26	7:29	5	7:06	26	8:44
Abzweig rote Brü	3.00	19:39	6:32	4	2:46	25	3:14	10.00	1:12:05	7:12	5	9:52	26	11:53
Ilseburg/Markt	6.50	27:40	4:15	4	4:15	24	4:48	16.50	1:39:45	6:02	4	14:07	25	16:41