



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Britta Weiser

Club: Düvelsbrook Dynamics Lüneburg
Number: 199

Course: 16.50 km
16,5 km - Lauf

Category:

Seniorinnen W50 (50-54) A

Total time: 1:39:58

Speed: 9.60 km/h

Running performance: 6:03 min/km

Rank in course/Total: 124 (of 198)

Rank in course/Women: 26 (of 54)

Best time in course: 1:23:04

Rank in category: 5(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		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Abzweig Tännental	4.00	23:29	5:52	2	1:57	21	3:59	4.00	23:29	5:52	2	1:57	21	3:59				
Plessenburg	3.00	27:18	9:05	5	3:30	24	3:37	7.00	50:47	7:15	4	5:27	25	7:05				
Abzweig rote Brü	3.00	21:04	7:01	5	4:11	32	4:39	10.00	1:11:51	7:11	4	9:38	25	11:39				
Ilseburg/Markt	6.50	28:07	4:19	5	4:42	27	5:15	16.50	1:39:58	6:03	5	14:20	26	16:54				