



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Jana Weißwange

Number: 200

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W50 (50-54) A

Total time: 1:59:48

Speed: 8.01 km/h

Running performance: 7:15 min/km

Rank in course/Total: 185 (of 198)

Rank in course/Women: 50 (of 54)

Best time in course: 1:23:04

Rank in category: 6(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	29:15	7:18	6	7:43	52	9:45	4.00	29:15	7:18	6	7:43	52	9:45
Plessenburg	3.00	32:01	10:40	6	8:13	45	8:20	7.00	1:01:16	8:45	6	15:56	48	17:34
Abzweig rote Brü	3.00	24:21	8:07	6	7:28	48	7:56	10.00	1:25:37	8:33	6	23:24	49	25:25
Ilseburg/Markt	6.50	34:11	5:15	6	10:46	49	11:19	16.50	1:59:48	7:15	6	34:10	50	36:44