



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Andrea Gaede

Club: LC Ron-Hill Berlin
Number: 63

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W55 (55-59) A

Total time: 1:29:43

Speed: 10.70 km/h
Running performance: 5:26 min/km

Rank in course/Total: 68 (of 198)

Rank in course/Women: 7 (of 54)

Best time in course: 1:23:04

Rank in category: 1(of 4)

Best time in the category: 1:29:43

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 Tännatal	4.00	21:45	5:26	1	-	11	2:15	4.00	21:45	5:26	1	-	11	2:15
Plessenburg	3.00	25:12	8:24	1	-	12	1:31	7.00	46:57	6:42	1	-	10	3:15
Abzweig rote Brü	3.00	17:43	5:54	1	-	7	1:18	10.00	1:04:40	6:28	1	-	8	4:28
Ilseburg/Markt	6.50	25:03	3:51	1	-	5	2:11	16.50	1:29:43	5:26	1	-	7	6:39