



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Ines Roeßler**

Club: VfB Fallersleben  
Number: 147

Course: 16.50 km  
16,5 km - Lauf

Category:  
Seniorinnen W55 (55-59) A

Total time: 1:32:09

Speed: 10.74 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 87 (of 198)

Rank in course/Women: 15 (of 54)

Best time in course: 1:23:04

Rank in category: 2(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 Tännental	4.00	22:36	5:39	2	0:51	16	3:06	4.00	22:36	5:39	2	0:51	16	3:06
Plessenburg	3.00	25:22	8:27	2	0:10	15	1:41	7.00	47:58	6:51	2	1:01	14	4:16
Abzweig rote Brü	3.00	18:05	6:01	2	0:22	12	1:40	10.00	1:06:03	6:36	2	1:23	13	5:51
Ilseburg/Markt	6.50	26:06	4:00	2	1:03	14	3:14	16.50	1:32:09	5:35	2	2:26	15	9:05