



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Annerose Scholz

Number: 163

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W55 (55-59) A

Total time: 1:52:15

Speed: 8.55 km/h

Running performance: 6:48 min/km

Rank in course/Total: 162 (of 198)

Rank in course/Women: 38 (of 54)

Best time in course: 1:23:04

Rank in category: 3(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Abzweig Tännental	4.00	28:07	7:01	3	6:22	40	8:37	4.00	28:07	7:01	3	6:22	40	8:37
Plessenburg	3.00	29:27	9:48	3	4:15	32	5:46	7.00	57:34	8:13	3	10:37	35	13:52
Abzweig rote Brü	3.00	22:25	7:28	3	4:42	37	6:00	10.00	1:19:59	7:59	3	15:19	34	19:47
Ilseburg/Markt	6.50	32:16	4:57	3	7:13	42	9:24	16.50	1:52:15	6:48	3	22:32	38	29:11