



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Annette Bethge

Club: LC Ron Hill Berlin e.V.
Number: 13

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W55 (55-59) A

Total time: 1:55:23

Speed: 8.32 km/h
Running performance: 6:59 min/km

Rank in course/Total: 170 (of 198)

Rank in course/Women: 41 (of 54)

Best time in course: 1:23:04

Rank in category: 4(of 4)

Best time in the category: 1:29:43

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	28:43	7:10	4	6:58	47	9:13	4.00	28:43	7:10	4	6:58	47	9:13
Plessenburg	3.00	30:42	10:13	4	5:30	36	7:01	7.00	59:25	8:29	4	12:28	42	15:43
Abzweig rote Brü	3.00	23:42	7:53	4	5:59	42	7:17	10.00	1:23:07	8:18	4	18:27	42	22:55
Ilseburg/Markt	6.50	32:16	4:57	3	7:13	42	9:24	16.50	1:55:23	6:59	4	25:40	41	32:19