



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Antje Wienstroer

Number: 205

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W60 (60-64) A

Total time: 1:55:24

Speed: 8.32 km/h

Running performance: 6:59 min/km

Rank in course/Total: 172 (of 198)

Rank in course/Women: 42 (of 54)

Best time in course: 1:23:04

Rank in category: 1(of 2)

Best time in the category: 1:55:24

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	28:35	7:08	1	-	45	9:05	4.00	28:35	7:08	1	-	45	9:05
Plessenburg	3.00	30:48	10:16	1	-	38	7:07	7.00	59:23	8:28	1	-	41	15:41
Abzweig rote Brü	3.00	23:44	7:54	2	0:54	44	7:19	10.00	1:23:07	8:18	1	-	42	22:55
Ilseburg/Markt	6.50	32:17	4:58	2	1:13	45	9:25	16.50	1:55:24	6:59	1	-	42	32:20