



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Steffi Reich

Club: Blau Weiß Hettstedt
Number: 137

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W60 (60-64) A

Total time: 1:55:46

Speed: 8.29 km/h
Running performance: 7:00 min/km

Rank in course/Total: 176 (of 198)

Rank in course/Women: 45 (of 54)

Best time in course: 1:23:04

Rank in category: 2(of 2)

Best time in the category: 1:55:24

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	28:43	7:10	2	0:08	47	9:13	4.00	28:43	7:10	2	0:08	47	9:13
Plessenburg	3.00	33:09	11:02	2	2:21	48	9:28	7.00	1:01:52	8:50	2	2:29	50	18:10
Abzweig rote Brü	3.00	22:50	7:36	1	-	39	6:25	10.00	1:24:42	8:28	2	1:35	47	24:30
Ilseburg/Markt	6.50	31:04	4:46	1	-	37	8:12	16.50	1:55:46	7:00	2	0:22	45	32:42