



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Christa Tondock

Club: TG-Northeim
Number: 180

Course: 16.50 km
16,5 km - Lauf

Category:
Seniorinnen W65 (65-69) A

Total time: 1:55:29

Speed: 8.31 km/h
Running performance: 6:59 min/km

Rank in course/Total: 173 (of 198)

Rank in course/Women: 44 (of 54)

Best time in course: 1:23:04

Rank in category: 1(of 1)

Best time in the category: 1:55:29

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	28:50	7:12	1	-	49	9:20	4.00	28:50	7:12	1	-	49	9:20
Plessenburg	3.00	30:50	10:16	1	-	40	7:09	7.00	59:40	8:31	1	-	45	15:58
Abzweig rote Brü	3.00	22:56	7:38	1	-	40	6:31	10.00	1:22:36	8:15	1	-	41	22:24
Ilsenburg/Markt	6.50	32:53	5:03	1	-	47	10:01	16.50	1:55:29	6:59	1	-	44	32:25