



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Irmgard Eggert**

Club: Rennsteiglaufverein  
Number: 43

Course: 16.50 km  
16,5 km - Lauf

Category:  
Seniorinnen W70 (70-74) A

Total time: 1:57:22

Speed: 8.18 km/h  
Running performance: 7:06 min/km

Rank in course/Total: 180 (of 198)

Rank in course/Women: 47 (of 54)

Best time in course: 1:23:04

Rank in category: 1(of 1)

Best time in the category: 1:57:22

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	26:03	6:30	1	-	36	6:33	4.00	26:03	6:30	1	-	36	6:33
Plessenburg	3.00	35:02	11:40	1	-	50	11:21	7.00	1:01:05	8:43	1	-	47	17:23
Abzweig rote Brü	3.00	24:17	8:05	1	-	47	7:52	10.00	1:25:22	8:32	1	-	48	25:10
Ilseburg/Markt	6.50	32:00	4:55	1	-	40	9:08	16.50	1:57:22	7:06	1	-	47	34:18