



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Marbach, Susanne

Club: Laufwerk Wü
 Number: 459

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W35 (35-39 Jahre)

Total time: 1:30:11
 Speed: 11.98 km/h
 Running performance: 4:52 min/km
 Rank in course/Total: 48 (of 149)
 Rank in course/Women: 1 (of 27)
 Best time in course: 1:30:11
 Rank in category: 1(of 6)
 Best time in the category: 1:30:11

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
Runde	9.30	45:22	4:52	1	-	4	1:07	9.30	45:22	4:52	1	-	4	1:07
Runde	9.00	44:00	4:53	1	-	1	-	18.30	1:29:22	4:53	1	-	1	-
Finish	0.20	0:49	4:04	1	-	2	0:02	18.50	1:30:11	4:52	1	-	1	-