



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Bastian, Gabi

Club: DJK SC Vorra
 Number: 403

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W50 (50-54 Jahre)

Total time: 1:31:07

Speed: 11.85 km/h
 Running performance: 4:56 min/km

Rank in course/Total: 51 (of 149)

Rank in course/Women: 3 (of 27)

Best time in course: 1:30:11

Rank in category: 1(of 4)

Best time in the category: 1:31:07

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	44:15	4:45	1	-	1	-	9.30	44:15	4:45	1	-	1	-
Runde	9.00	45:57	5:06	1	-	3	1:57	18.30	1:30:12	4:55	1	-	3	0:50
Finish	0.20	0:55	4:34	1	-	5	0:08	18.50	1:31:07	4:55	1	-	3	0:56