



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.	Stage score		Total		Total		Total		Total ranking	
						Pos Women	Behind Women	km	Time	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	