



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Rechel, Janine

Club: Schwäbisch Hall
 Number: 515

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 1:31:06

Speed: 11.86 km/h
 Running performance: 4:55 min/km

Rank in course/Total: 50 (of 149)

Rank in course/Women: 2 (of 27)

Best time in course: 1:30:11

Rank in category: 1(of 4)

Best time in the category: 1:31:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	44:24	4:46	1	-	2	0:09	9.30	44:24	4:46	1	-	2	0:09
Runde	9.00	45:47	5:05	1	-	2	1:47	18.30	1:30:11	4:55	1	-	2	0:49
Finish	0.20	0:55	4:34	2	0:01	5	0:08	18.50	1:31:06	4:55	1	-	2	0:55