



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

**Beyer, Nicole**

Club: SV Ichttershausen  
 Number: 410

Course: 18.50 km  
 Lange Strecke

Category:  
 Seniorinnen W40 (40-44 Jahre)

Total time: 1:32:55

Speed: 11.62 km/h  
 Running performance: 5:01 min/km

Rank in course/Total: 55 (of 149)

Rank in course/Women: 4 (of 27)

Best time in course: 1:30:11

Rank in category: 2(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	45:17	4:52	2	0:53	3	1:02	9.30	45:17	4:52	2	0:53	3	1:02
Runde	9.00	46:44	5:11	2	0:57	4	2:44	18.30	1:32:01	5:01	2	1:50	4	2:39
Finish	0.20	0:54	4:30	1	-	4	0:07	18.50	1:32:55	5:01	2	1:49	4	2:44