



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Hopkins, Sofie

Club: schmiedefeld
 Number: 547

Course: 18.50 km
 Lange Strecke

Category:
 Frauen (20-29 Jahre)

Total time: 1:33:31

Speed: 11.55 km/h
 Running performance: 5:03 min/km

Rank in course/Total: 57 (of 149)

Rank in course/Women: 5 (of 27)

Best time in course: 1:30:11

Rank in category: 1(of 4)

Best time in the category: 1:33:31

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	45:23	4:52	1	-	5	1:08	9.30	45:23	4:52	1	-	5	1:08
Runde	9.00	47:21	5:15	1	-	5	3:21	18.30	1:32:44	5:04	1	-	5	3:22
Finish	0.20	0:47	3:54	1	-	1	-	18.50	1:33:31	5:03	1	-	5	3:20