



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Hilpert, Carolin

Club: Rennsteiglaufverein
 Number: 432

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:39:04

Speed: 10.90 km/h
 Running performance: 5:21 min/km

Rank in course/Total: 72 (of 149)

Rank in course/Women: 6 (of 27)

Best time in course: 1:30:11

Rank in category: 1(of 3)

Best time in the category: 1:39:04

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	47:32	5:06	1	-	6	3:17	9.30	47:32	5:06	1	-	6	3:17
Runde	9.00	50:34	5:37	1	-	7	6:34	18.30	1:38:06	5:21	1	-	6	8:44
Finish	0.20	0:58	4:49	2	0:01	12	0:11	18.50	1:39:04	5:21	1	-	6	8:53