



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Buschbeck, Deniese

Club: Langewiesen  
 Number: 413

Course: 18.50 km  
 Lange Strecke

Category:  
 Frauen (20-29 Jahre)

Total time: 1:40:05

Speed: 10.79 km/h  
 Running performance: 5:25 min/km

Rank in course/Total: 77 (of 149)

Rank in course/Women: 7 (of 27)

Best time in course: 1:30:11

Rank in category: 2(of 4)

Best time in the category: 1:33:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	9.30	47:42	5:07	2	2:19	7	3:27	9.30	47:42	5:07	2	2:19	7	3:27
Runde	9.00	51:28	5:43	2	4:07	8	7:28	18.30	1:39:10	5:25	2	6:26	7	9:48
Finish	0.20	0:55	4:34	2	0:08	5	0:08	18.50	1:40:05	5:24	2	6:34	7	9:54