



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schmidt, Daniela

Club: Erfurt
 Number: 484

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:42:58
 Speed: 10.49 km/h
 Running performance: 5:34 min/km
 Rank in course/Total: 97 (of 149)
 Rank in course/Women: 9 (of 27)
 Best time in course: 1:30:11
 Rank in category: 2(of 3)
 Best time in the category: 1:39:04

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	49:20	5:18	2	1:48	8	5:05	9.30	49:20	5:18	2	1:48	8	5:05
Runde	9.00	52:37	5:50	2	2:03	11	8:37	18.30	1:41:57	5:34	2	3:51	9	12:35
Finish	0.20	1:01	5:04	3	0:04	19	0:14	18.50	1:42:58	5:33	2	3:54	9	12:47