



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Stefaniak, Anke

Club: Triathlon Team Senftenberg
 Number: 499

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W35 (35-39 Jahre)

Total time: 1:45:36

Speed: 10.23 km/h
 Running performance: 5:43 min/km

Rank in course/Total: 106 (of 149)

Rank in course/Women: 11 (of 27)

Best time in course: 1:30:11

Rank in category: 3(of 6)

Best time in the category: 1:30:11

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	52:59	5:41	3	7:37	15	8:44	9.30	52:59	5:41	3	7:37	15	8:44
Runde	9.00	51:42	5:44	3	7:42	9	7:42	18.30	1:44:41	5:43	3	15:19	11	15:19
Finish	0.20	0:55	4:34	3	0:06	5	0:08	18.50	1:45:36	5:42	3	15:25	11	15:25