



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Machatschek, Lisa

Club: Rainbow
 Number: 457

Course: 18.50 km
 Lange Strecke

Category:
 Frauen (20-29 Jahre)

Total time: 1:47:04

Speed: 10.09 km/h
 Running performance: 5:47 min/km

Rank in course/Total: 112 (of 149)

Rank in course/Women: 13 (of 27)

Best time in course: 1:30:11

Rank in category: 3(of 4)

Best time in the category: 1:33:31

Control	Intermediate times			Stage score				Total ranking						
	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	50:01	5:22	3	4:38	10	5:46	9.30	50:01	5:22	3	4:38	10	5:46
Runde	9.00	56:06	6:14	4	8:45	16	12:06	18.30	1:46:07	5:47	3	13:23	13	16:45
Finish	0.20	0:57	4:44	3	0:10	9	0:10	18.50	1:47:04	5:47	3	13:33	13	16:53