



16. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Hopf, Kristin

Club: Herzog-Georg Nachtlauf Meiningen
Number: 436

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:49:14

Speed: 9.89 km/h
Running performance: 5:54 min/km

Rank in course/Total: 115 (of 149)

Rank in course/Women: 14 (of 27)

Best time in course: 1:30:11

Rank in category: 3(of 4)

Best time in the category: 1:31:06

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	53:09	5:42	3	8:45	16	8:54	9.30	53:09	5:42	3	8:45	16	8:54
Runde	9.00	55:06	6:07	3	9:19	14	11:06	18.30	1:48:15	5:54	3	18:04	14	18:53
Finish	0.20	0:59	4:54	3	0:05	13	0:12	18.50	1:49:14	5:54	3	18:08	14	19:03