



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Voigtmann, Sandra

Club: SV Ictershausen
 Number: 542

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W45 (45-49 Jahre)

Total time: 1:50:25

Speed: 9.78 km/h
 Running performance: 5:58 min/km

Rank in course/Total: 118 (of 149)

Rank in course/Women: 15 (of 27)

Best time in course: 1:30:11

Rank in category: 2(of 2)

Best time in the category: 1:44:00

| 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 | 51:38 | 5:33 | 2 | 1:10 | 13 | 7:23 | 9.30 | 51:38 | 5:33 | 2 | 1:10 | 13 | 7:23 |
| Runde | 9.00 | 57:47 | 6:25 | 2 | 5:14 | 20 | 13:47 | 18.30 | 1:49:25 | 5:58 | 2 | 6:24 | 15 | 20:03 |
| Finish | 0.20 | 1:00 | 5:00 | 2 | 0:01 | 16 | 0:13 | 18.50 | 1:50:25 | 5:58 | 2 | 6:25 | 15 | 20:14 |