



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Planke, Heike

Club: Ilmenau
 Number: 529

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W50 (50-54 Jahre)

Total time: 1:51:08

Speed: 9.72 km/h
 Running performance: 6:01 min/km

Rank in course/Total: 120 (of 149)

Rank in course/Women: 16 (of 27)

Best time in course: 1:30:11

Rank in category: 2(of 4)

Best time in the category: 1:31:07

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	51:42	5:33	2	7:27	14	7:27	9.30	51:42	5:33	2	7:27	14	7:27
Runde	9.00	58:15	6:28	2	12:18	21	14:15	18.30	1:49:57	6:00	2	19:45	16	20:35
Finish	0.20	1:11	5:54	3	0:16	26	0:24	18.50	1:51:08	6:00	2	20:01	16	20:57