



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Kallenberg, Nadine

Club: Stiftung Wadentest
 Number: 439

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 1:51:45

Speed: 9.66 km/h
 Running performance: 6:02 min/km

Rank in course/Total: 122 (of 149)

Rank in course/Women: 17 (of 27)

Best time in course: 1:30:11

Rank in category: 4(of 4)

Best time in the category: 1:31:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	54:57	5:54	4	10:33	18	10:42	9.30	54:57	5:54	4	10:33	18	10:42
Runde	9.00	55:48	6:11	4	10:01	15	11:48	18.30	1:50:45	6:03	4	20:34	17	21:23
Finish	0.20	1:00	5:00	4	0:06	16	0:13	18.50	1:51:45	6:02	4	20:39	17	21:34