



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Lenz, Sandra

Club: Schleusingen OT Waldau
 Number: 556

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:54:06

Speed: 9.47 km/h
 Running performance: 6:10 min/km

Rank in course/Total: 126 (of 149)

Rank in course/Women: 19 (of 27)

Best time in course: 1:30:11

Rank in category: 3(of 3)

Best time in the category: 1:39:04

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	55:47	5:59	3	8:15	20	11:32	9.30	55:47	5:59	3	8:15	20	11:32
Runde	9.00	57:22	6:22	3	6:48	18	13:22	18.30	1:53:09	6:10	3	15:03	19	23:47
Finish	0.20	0:57	4:44	1	-	9	0:10	18.50	1:54:06	6:10	3	15:02	19	23:55