



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Rothkegel, Ilona

Club: Erfurt
 Number: 479

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W70 (70-74 Jahre)

Total time: 1:55:50

Speed: 9.32 km/h
 Running performance: 6:16 min/km

Rank in course/Total: 130 (of 149)

Rank in course/Women: 21 (of 27)

Best time in course: 1:30:11

Rank in category: 1(of 1)

Best time in the category: 1:55:50

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	57:17	6:09	1	-	22	13:02	9.30	57:17	6:09	1	-	22	13:02
Runde	9.00	57:33	6:23	1	-	19	13:33	18.30	1:54:50	6:16	1	-	21	25:28
Finish	0.20	1:00	5:00	1	-	16	0:13	18.50	1:55:50	6:15	1	-	21	25:39