



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Morgenroth, Sandra

Club: Ilmenau  
 Number: 464

Course: 18.50 km  
 Lange Strecke

Category:  
 Seniorinnen W35 (35-39 Jahre)

Total time: 1:59:04

Speed: 9.07 km/h  
 Running performance: 6:26 min/km

Rank in course/Total: 141 (of 149)

Rank in course/Women: 23 (of 27)

Best time in course: 1:30:11

Rank in category: 6(of 6)

Best time in the category: 1:30:11

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	53:37	5:45	4	8:15	17	9:22	9.30	53:37	5:45	4	8:15	17	9:22
Runde	9.00	1:04:21	7:08	6	20:21	26	20:21	18.30	1:57:58	6:26	6	28:36	23	28:36
Finish	0.20	1:06	5:30	6	0:17	24	0:19	18.50	1:59:04	6:26	6	28:53	23	28:53