



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Wirsching, Ines

Club: Ilmenau
 Number: 508

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W55 (55-59 Jahre)

Total time: 2:03:44

Speed: 8.73 km/h
 Running performance: 6:41 min/km

Rank in course/Total: 144 (of 149)

Rank in course/Women: 25 (of 27)

Best time in course: 1:30:11

Rank in category: 1(of 1)

Best time in the category: 2:03:44

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	59:07	6:21	1	-	25	14:52	9.30	59:07	6:21	1	-	25	14:52
Runde	9.00	1:03:27	7:03	1	-	25	19:27	18.30	2:02:34	6:41	1	-	25	33:12
Finish	0.20	1:10	5:49	1	-	25	0:23	18.50	2:03:44	6:41	1	-	25	33:33