



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Jahn, Heide

Club: Ilmenau
 Number: 438

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W50 (50-54 Jahre)

Total time: 2:04:50

Speed: 8.65 km/h
 Running performance: 6:45 min/km

Rank in course/Total: 145 (of 149)

Rank in course/Women: 26 (of 27)

Best time in course: 1:30:11

Rank in category: 3(of 4)

Best time in the category: 1:31:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	9.30	1:01:01	6:33	3	16:46	26	16:46	9.30	1:01:01	6:33	3	16:46	26	16:46
Runde	9.00	1:02:47	6:58	3	16:50	24	18:47	18.30	2:03:48	6:45	3	33:36	26	34:26
Finish	0.20	1:02	5:10	2	0:07	21	0:15	18.50	2:04:50	6:44	3	33:43	26	34:39