



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Lösch, Christiane

Club: USV Jena / Orientierungslauf
 Number: 309

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:26:24
 Speed: 12.50 km/h
 Running performance: 4:40 min/km
 Rank in course/Total: 23 (of 75)
 Rank in course/Women: 1 (of 18)
 Best time in course: 1:26:24
 Rank in category: 1(of 2)
 Best time in the category: 1:26:24

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	41:57	4:30	1	-	1	-	9.30	41:57	4:30	1	-	1	-
Runde	9.00	43:37	4:50	1	-	1	-	18.30	1:25:34	4:40	1	-	1	-
Finish	0.20	0:50	4:10	1	-	1	-	18.50	1:26:24	4:40	1	-	1	-