



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Bastian, Gabi

Club: DJK SC Vorra
Number: 274

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:33:29

Speed: 11.55 km/h
Running performance: 5:03 min/km

Rank in course/Total: 32 (of 75)
Rank in course/Women: 2 (of 18)
Best time in course: 1:26:24

Rank in category: 1(of 4)
Best time in the category: 1:33:29

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	45:45	4:55	1	-	2	3:48	9.30	45:45	4:55	1	-	2	3:48
Runde	9.00	46:47	5:11	1	-	3	3:10	18.30	1:32:32	5:03	1	-	2	6:58
Finish	0.20	0:57	4:44	1	-	7	0:07	18.50	1:33:29	5:03	1	-	2	7:05