



17. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Hopf, Kristin

Club: Herzog Georg Nachlauf Meiningen  
 Number: 299

Course: 18.50 km  
 Lange Strecke

Category:  
 Seniorinnen W45 (45-49 Jahre)

Total time: 1:33:44

Speed: 11.84 km/h  
 Running performance: 5:04 min/km

Rank in course/Total: 35 (of 75)  
 Rank in course/Women: 3 (of 18)  
 Best time in course: 1:26:24

Rank in category: 1(of 3)  
 Best time in the category: 1:33:44

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	46:12	4:58	1	-	3	4:15	9.30	46:12	4:58	1	-	19	4:15
Runde	9.00	46:36	5:10	1	-	2	2:59	18.30	1:32:48	5:04	1	-	19	7:14
Finish	0.20	0:56	4:39	2	0:02	6	0:06	18.50	1:33:44	5:03	1	-	3	7:20