



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Zschoche, Mandy

Club: Fit mit Schmidt
Number: 348

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:37:41

Speed: 11.06 km/h
Running performance: 5:17 min/km

Rank in course/Total: 47 (of 75)
Rank in course/Women: 4 (of 18)
Best time in course: 1:26:24

Rank in category: 1(of 2)
Best time in the category: 1:37:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	48:12	5:10	1	-	5	6:15	9.30	48:12	5:10	1	-	19	6:15
Runde	9.00	48:37	5:24	1	-	4	5:00	18.30	1:36:49	5:17	1	-	19	11:15
Finish	0.20	0:52	4:19	1	-	3	0:02	18.50	1:37:41	5:16	1	-	4	11:17