



17. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Ludwig, Ivette

Club: Schwabhausen b Gotha, Thür  
 Number: 312

Course: 18.50 km  
 Lange Strecke

Category:  
 Seniorinnen W45 (45-49 Jahre)

Total time: 1:40:20

Speed: 10.76 km/h  
 Running performance: 5:25 min/km

Rank in course/Total: 49 (of 75)  
 Rank in course/Women: 5 (of 18)  
 Best time in course: 1:26:24

Rank in category: 2(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	47:12	5:04	2	1:00	4	5:15	9.30	47:12	5:04	4	1:00	19	5:15
Runde	9.00	52:09	5:47	3	5:33	8	8:32	18.30	1:39:21	5:25	4	6:33	19	13:47
Finish	0.20	0:59	4:54	3	0:05	10	0:09	18.50	1:40:20	5:25	2	6:36	5	13:56