



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Zocher, Susanne

Club: Eiscafé Victoria
 Number: 347

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W35 (35-39 Jahre)

Total time: 1:45:19

Speed: 10.25 km/h
 Running performance: 5:41 min/km

Rank in course/Total: 58 (of 75)
 Rank in course/Women: 9 (of 18)
 Best time in course: 1:26:24

Rank in category: 1(of 1)
 Best time in the category: 1:45:19

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	52:15	5:37	1	-	10	10:18	9.30	52:15	5:37	1	-	19	10:18
Runde	9.00	52:11	5:47	1	-	9	8:34	18.30	1:44:26	5:42	1	-	19	18:52
Finish	0.20	0:53	4:24	1	-	4	0:03	18.50	1:45:19	5:41	1	-	9	18:55