



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Pfeuffer, Nathalie

Club: Ilmenau
 Number: 321

Course: 18.50 km
 Lange Strecke

Category:
 Frauen (20-29 Jahre)

Total time: 1:47:37

Speed: 10.04 km/h
 Running performance: 5:49 min/km

Rank in course/Total: 62 (of 75)
 Rank in course/Women: 11 (of 18)
 Best time in course: 1:26:24

Rank in category: 3(of 3)
 Best time in the category: 1:43:13

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	51:21	5:31	2	0:03	8	9:24	9.30	51:21	5:31	4	0:03	7	9:24
Runde	9.00	55:19	6:08	3	4:51	13	11:42	18.30	1:46:40	5:49	4	4:17	19	21:06
Finish	0.20	0:57	4:44	2	0:07	7	0:07	18.50	1:47:37	5:49	3	4:24	11	21:13