



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Maleße, Sandra

Club: Ilmenau
 Number: 316

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 1:47:51

Speed: 10.01 km/h
 Running performance: 5:50 min/km

Rank in course/Total: 63 (of 75)
 Rank in course/Women: 12 (of 18)
 Best time in course: 1:26:24

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

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	9.30	53:22	5:44	2	5:10	13	11:25	9.30	53:22	5:44	3	5:10	19	11:25
Runde	9.00	53:30	5:56	2	4:53	10	9:53	18.30	1:46:52	5:50	3	10:03	19	21:18
Finish	0.20	0:59	4:54	2	0:07	10	0:09	18.50	1:47:51	5:49	2	10:10	12	21:27