



17. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Planke, Heike

Club: Ilmenau  
 Number: 322

Course: 18.50 km  
 Lange Strecke

Category:  
 Seniorinnen W55 (55-59 Jahre)

Total time: 1:51:43

Speed: 9.67 km/h  
 Running performance: 6:02 min/km

Rank in course/Total: 67 (of 75)  
 Rank in course/Women: 14 (of 18)  
 Best time in course: 1:26:24

Rank in category: 1(of 2)  
 Best time in the category: 1:51:43

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	52:43	5:40	1	-	12	10:46	9.30	52:43	5:40	1	-	19	10:46
Runde	9.00	57:54	6:26	1	-	14	14:17	18.30	1:50:37	6:02	1	-	19	25:03
Finish	0.20	1:06	5:30	1	-	16	0:16	18.50	1:51:43	6:02	1	-	14	25:19