



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Horn, Josephine

Club: HORN to Run
 Number: 300

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 2:01:17

Speed: 8.90 km/h
 Running performance: 6:34 min/km

Rank in course/Total: 70 (of 75)
 Rank in course/Women: 16 (of 18)
 Best time in course: 1:26:24

Rank in category: 2(of 2)
 Best time in the category: 1:26:24

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	59:27	6:23	2	17:30	16	17:30	9.30	59:27	6:23	3	17:30	19	17:30
Runde	9.00	1:00:49	6:45	2	17:12	16	17:12	18.30	2:00:16	6:34	3	34:42	19	34:42
Finish	0.20	1:01	5:04	2	0:11	12	0:11	18.50	2:01:17	6:33	2	34:53	16	34:53