



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Lösch, Christiane

Club: USV Jena
 Number: 355

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34)

Total time: 1:28:06

Speed: 12.26 km/h
 Running performance: 4:46 min/km

Rank in course/Total: 34 (of 116)

Rank in course/Women: 3 (of 22)

Best time in course: 1:14:48

Rank in category: 2 (of 5)

Best time in the category: 1:14:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	42:31	4:34	2	5:10	2	5:10	9.30	42:31	4:34	2	5:10	2	5:10
Runde	9.00	44:45	4:58	2	7:59	3	7:59	18.30	1:27:16	4:46	2	13:09	3	13:09
Finish	0.20	0:50	4:10	2	0:09	2	0:09	18.50	1:28:06	4:45	2	13:18	3	13:18