



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Bastian, Gabi

Total time: 1:33:08

Number: 255

Speed: 11.92 km/h

Running performance: 5:02 min/km

Course: 18.50 km

Rank in course/Total: 52 (of 116)

Lange Strecke

Rank in course/Women: 4 (of 22)

Best time in course: 1:14:48

Category:

Rank in category: 1(of 4)

Seniorinnen W55 (55-59)

Best time in the category: 1:33:08

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 | 45:59 | 4:56 | 1 | - | 4 | 8:38 | 9.30 | 45:59 | 4:56 | 1 | - | 4 | 8:38 |
| Runde | 9.00 | 46:14 | 5:08 | 1 | - | 4 | 9:28 | 18.30 | 1:32:13 | 5:02 | 1 | - | 4 | 18:06 |
| Finish | 0.20 | 0:55 | 4:34 | 2 | 0:04 | 8 | 0:14 | 18.50 | 1:33:08 | 5:02 | 1 | - | 4 | 18:20 |