



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Bastian, Gabi

Total time: 1:33:08

Number: 255

Speed: 11.60 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