



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Geyer, Corina

Club: Sportfreunde Döllstädt  
 Number: 367

Course: 18.50 km  
 Lange Strecke

Category:  
 Seniorinnen W40 (40-44)

Total time: 1:35:26

Speed: 11.32 km/h  
 Running performance: 5:10 min/km

Rank in course/Total: 56 (of 116)

Rank in course/Women: 6 (of 22)

Best time in course: 1:14:48

Rank in category: 1(of 3)

Best time in the category: 1:35:26

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	47:23	5:05	1	-	7	10:02	9.30	47:23	5:05	1	-	7	10:02
Runde	9.00	47:07	5:14	1	-	5	10:21	18.30	1:34:30	5:09	1	-	6	20:23
Finish	0.20	0:56	4:39	2	0:02	12	0:15	18.50	1:35:26	5:09	1	-	6	20:38