



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Hopf, Kristin

Club: Herzog-Georg Nachtlauf Meiningen
 Number: 282

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W45 (45-49)

Total time: 1:36:10

Speed: 11.23 km/h
 Running performance: 5:12 min/km

Rank in course/Total: 57 (of 116)

Rank in course/Women: 7 (of 22)

Best time in course: 1:14:48

Rank in category: 2(of 3)

Best time in the category: 1:26:57

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	47:00	5:03	2	3:42	6	9:39	9.30	47:00	5:03	2	3:42	6	9:39
Runde	9.00	48:15	5:21	2	5:29	7	11:29	18.30	1:35:15	5:12	2	9:11	7	21:08
Finish	0.20	0:55	4:34	2	0:02	8	0:14	18.50	1:36:10	5:11	2	9:13	7	21:22