



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Heß, Katharina

Total time: 1:39:21

Number: 278

Speed: 10.87 km/h

Running performance: 5:22 min/km

Course: 18.50 km

Rank in course/Total: 62 (of 116)

Lange Strecke

Rank in course/Women: 8 (of 22)

Category:

Best time in course: 1:14:48

Seniorinnen W45 (45-49)

Rank in category: 3(of 3)

Best time in the category: 1:26:57

Control	Intermediate times			Stage score				Total ranking						
	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	48:33	5:13	3	5:15	8	11:12	9.30	48:33	5:13	3	5:15	8	11:12
Runde	9.00	49:49	5:32	3	7:03	8	13:03	18.30	1:38:22	5:22	3	12:18	8	24:15
Finish	0.20	0:59	4:54	3	0:06	13	0:18	18.50	1:39:21	5:22	3	12:24	8	24:33