



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Maleße, Sandra

Total time: 1:41:53

Number: 300

Speed: 10.60 km/h

Running performance: 5:31 min/km

Course: 18.50 km

Rank in course/Total: 69 (of 116)

Lange Strecke

Rank in course/Women: 9 (of 22)

Best time in course: 1:14:48

Category:

Rank in category: 2(of 3)

Seniorinnen W40 (40-44)

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.	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	50:21	5:24	2	2:58	9	13:00	9.30	50:21	5:24	2	2:58	9	13:00
Runde	9.00	50:38	5:37	2	3:31	9	13:52	18.30	1:40:59	5:31	2	6:29	9	26:52
Finish	0.20	0:54	4:30	1	-	5	0:13	18.50	1:41:53	5:30	2	6:27	9	27:05