



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 |