



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Balbierer, Chris

Club: Rennsteiglaufverein
 Number: 343

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W55 (55-59)

Total time: 1:43:52

Speed: 10.40 km/h
 Running performance: 5:37 min/km

Rank in course/Total: 74 (of 116)
 Rank in course/Women: 10 (of 22)
 Best time in course: 1:14:48

Rank in category: 3(of 4)
 Best time in the category: 1:33:08

| 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 | 52:07 | 5:36 | 3 | 6:08 | 14 | 14:46 | 9.30 | 52:07 | 5:36 | 3 | 6:08 | 14 | 14:46 |
| Runde | 9.00 | 50:45 | 5:38 | 3 | 4:31 | 10 | 13:59 | 18.30 | 1:42:52 | 5:37 | 3 | 10:39 | 10 | 28:45 |
| Finish | 0.20 | 1:00 | 5:00 | 3 | 0:09 | 16 | 0:19 | 18.50 | 1:43:52 | 5:36 | 3 | 10:44 | 10 | 29:04 |