



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.	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	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