



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Flock, Kristin

Club: Gebesee  
 Number: 365

Course: 18.50 km  
 Lange Strecke

Category:  
 Seniorinnen W50 (50-54)

Total time: 1:44:48

Speed: 10.31 km/h  
 Running performance: 5:40 min/km

Rank in course/Total: 78 (of 116)  
 Rank in course/Women: 11 (of 22)  
 Best time in course: 1:14:48

Rank in category: 1(of 4)  
 Best time in the category: 1:44:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	51:53	5:34	1	-	11	14:32	9.30	51:53	5:34	1	-	11	14:32
Runde	9.00	52:00	5:46	1	-	11	15:14	18.30	1:43:53	5:40	1	-	11	29:46
Finish	0.20	0:55	4:34	2	0:01	8	0:14	18.50	1:44:48	5:39	1	-	11	30:00