



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Witzel, Fro-Milu

Total time: 1:45:17

Number: 337

Speed: 10.54 km/h

Running performance: 5:41 min/km

Course: 18.50 km

Rank in course/Total: 79 (of 116)

Lange Strecke

Rank in course/Women: 12 (of 22)

Best time in course: 1:14:48

Category:

Rank in category: 1(of 1)

weibliche Jugend U20 (18-19)

Best time in the category: 1:45:17

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	52:15	5:37	1	-	15	14:54	9.30	52:15	5:37	1	-	15	14:54
Runde	9.00	52:08	5:47	1	-	12	15:22	18.30	1:44:23	5:42	1	-	12	30:16
Finish	0.20	0:54	4:30	1	-	5	0:13	18.50	1:45:17	5:41	1	-	12	30:29