



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Hemmecke, Jennifer

Number: 276

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34)

Total time: 1:46:52

Speed: 10.11 km/h
 Running performance: 5:47 min/km

Rank in course/Total: 83 (of 116)

Rank in course/Women: 13 (of 22)

Best time in course: 1:14:48

Rank in category: 3(of 5)

Best time in the category: 1:14:48

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	51:33	5:32	3	14:12	10	14:12	9.30	51:33	5:32	3	14:12	10	14:12
Runde	9.00	54:16	6:01	3	17:30	13	17:30	18.30	1:45:49	5:46	3	31:42	13	31:42
Finish	0.20	1:03	5:15	5	0:22	19	0:22	18.50	1:46:52	5:46	3	32:04	13	32:04