



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Horn, Josephine

Club: HORN To Run
 Number: 285

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34)

Total time: 1:51:12

Speed: 9.71 km/h
 Running performance: 6:01 min/km

Rank in course/Total: 91 (of 116)
 Rank in course/Women: 14 (of 22)
 Best time in course: 1:14:48

Rank in category: 4(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	55:22	5:57	4	18:01	19	18:01	9.30	55:22	5:57	4	18:01	19	18:01
Runde	9.00	54:55	6:06	4	18:09	14	18:09	18.30	1:50:17	6:01	4	36:10	15	36:10
Finish	0.20	0:55	4:34	3	0:14	8	0:14	18.50	1:51:12	6:00	4	36:24	14	36:24