



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Schumann, Rita

Club: Der unorganisierte Haufen
 Number: 322

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W50 (50-54)

Total time: 1:52:22

Speed: 9.61 km/h
 Running performance: 6:04 min/km

Rank in course/Total: 96 (of 116)

Rank in course/Women: 18 (of 22)

Best time in course: 1:14:48

Rank in category: 3(of 4)

Best time in the category: 1:44:48

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	54:03	5:48	3	2:10	17	16:42	9.30	54:03	5:48	3	2:10	17	16:42
Runde	9.00	57:20	6:22	2	5:20	15	20:34	18.30	1:51:23	6:05	3	7:30	18	37:16
Finish	0.20	0:59	4:54	3	0:05	13	0:18	18.50	1:52:22	6:04	3	7:34	18	37:34