



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Planke, Heike

Total time: 1:54:38

Number: 303

Speed: 9.68 km/h

Running performance: 6:12 min/km

Course: 18.50 km

Rank in course/Total: 100 (of 116)

Lange Strecke

Rank in course/Women: 19 (of 22)

Best time in course: 1:14:48

Category:

Rank in category: 4(of 4)

Seniorinnen W55 (55-59)

Best time in the category: 1:33:08

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	55:14	5:56	4	9:15	18	17:53	9.30	55:14	5:56	4	9:15	18	17:53
Runde	9.00	58:23	6:29	4	12:09	17	21:37	18.30	1:53:37	6:12	4	21:24	19	39:30
Finish	0.20	1:01	5:04	4	0:10	17	0:20	18.50	1:54:38	6:11	4	21:30	19	39:50