



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Fuhrmann, Sibylle

Club: Die flinken Gerataler / SV 08 Geraberg
 Number: 267

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W50 (50-54)

Total time: 1:56:38

Speed: 9.26 km/h
 Running performance: 6:18 min/km

Rank in course/Total: 102 (of 116)

Rank in course/Women: 20 (of 22)

Best time in course: 1:14:48

Rank in category: 4(of 4)

Best time in the category: 1:44:48

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	57:07	6:08	4	5:14	20	19:46	9.30	57:07	6:08	4	5:14	20	19:46
Runde	9.00	58:37	6:30	4	6:37	18	21:51	18.30	1:55:44	6:19	4	11:51	20	41:37
Finish	0.20	0:54	4:30	1	-	5	0:13	18.50	1:56:38	6:18	4	11:50	20	41:50