



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Steigleder, Theresa

Club: kinky mush
 Number: 352

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34)

Total time: 2:03:22

Speed: 9.00 km/h
 Running performance: 6:40 min/km

Rank in course/Total: 108 (of 116)

Rank in course/Women: 21 (of 22)

Best time in course: 1:14:48

Rank in category: 5(of 5)

Best time in the category: 1:14:48

Control	Intermediate times			Stage score				Total ranking						
	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	1:00:15	6:28	5	22:54	21	22:54	9.30	1:00:15	6:28	5	22:54	21	22:54
Runde	9.00	1:02:06	6:54	5	25:20	21	25:20	18.30	2:02:21	6:41	5	48:14	21	48:14
Finish	0.20	1:01	5:04	4	0:20	17	0:20	18.50	2:03:22	6:40	5	48:34	21	48:34