



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Rabe, Louise

Total time: 2:06:44

Number: 306

Speed: 8.52 km/h

Running performance: 6:51 min/km

Course: 18.50 km

Rank in course/Total: 110 (of 116)

Lange Strecke

Rank in course/Women: 22 (of 22)

Best time in course: 1:14:48

Category:

Rank in category: 1(of 1)

Frauen (20-29)

Best time in the category: 2:06:44

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	1:03:16	6:48	1	-	22	25:55	9.30	1:03:16	6:48	1	-	22	25:55
Runde	9.00	1:02:21	6:55	1	-	22	25:35	18.30	2:05:37	6:51	1	-	22	51:30
Finish	0.20	1:07	5:34	1	-	20	0:26	18.50	2:06:44	6:51	1	-	22	51:56