



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Katja Voigtmann

Club: VfB Torpedo Ichttershausen
Number: 397

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W30 (30-34) L

Total time: 1:19:43

Speed: 13.92 km/h
Running performance: 4:18 min/km

Rank in course/Total: 8 (of 112)

Rank in course/Women: 1 (of 25)

Best time in course: 1:19:43

Rank in category: 1 (of 5)

Best time in the category: 1:19:43

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	9.20	39:22	4:16	1	-	1	-	9.20	39:22	4:16	1	-	1	-
Runde	9.00	39:37	4:24	1	-	1	-	18.20	1:18:59	4:20	1	-	1	-
Finish	0.30	0:44	2:26	1	-	1	-	18.50	1:19:43	4:18	1	-	1	-