



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Deniese Buschbeck

Club: Die flinken Gerataler
Number: 309

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W30 (30-34) L

Total time: 1:39:33

Speed: 11.15 km/h
Running performance: 5:22 min/km

Rank in course/Total: 55 (of 112)

Rank in course/Women: 6 (of 25)

Best time in course: 1:19:43

Rank in category: 2 (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	48:50	5:18	2	9:28	5	9:28	9.20	48:50	5:18	2	9:28	5	9:28
Runde	9.00	49:50	5:32	2	10:13	6	10:13	18.20	1:38:40	5:25	2	19:41	6	19:41
Finish	0.30	0:53	2:56	3	0:09	7	0:09	18.50	1:39:33	5:22	2	19:50	6	19:50