



# 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

**Clara Solcher**

Club: Laufladen Erfurt OCR Team

Number: 392

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W30 (30-34) L

Total time: 1:41:58

Speed: 10.59 km/h

Running performance: 5:30 min/km

Rank in course/Total: 64 (of 112)

Rank in course/Women: 8 (of 25)

Best time in course: 1:19:43

Rank in category: 3(of 5)

Best time in the category: 1:19:43

## Intermediate times

## Stage score

## Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	9.20	50:26	5:28	3	11:04	8	11:04	9.20	50:26	5:28	3	11:04	8	11:04				
Runde	9.00	50:36	5:37	3	10:59	8	10:59	18.20	1:41:02	5:33	3	22:03	8	22:03				
Finish	0.30	0:56	3:06	4	0:12	8	0:12	18.50	1:41:58	5:30	3	22:15	8	22:15				