



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Luisa Heydt

Total time: 1:59:47

Number: 419

Speed: 9.02 km/h

Running performance: 6:28 min/km

Course: 18.50 km

Rank in course/Total: 94 (of 112)

Lange Strecke

Rank in course/Women: 18 (of 25)

Best time in course: 1:19:43

Category:

Rank in category: 4(of 5)

Seniorinnen W30 (30-34) L

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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	9.20	59:26	6:27	4	20:04	20	20:04	9.20	59:26	6:27	4	20:04	20	20:04
Runde	9.00	59:29	6:36	4	19:52	16	19:52	18.20	1:58:55	6:32	4	39:56	18	39:56
Finish	0.30	0:52	2:53	2	0:08	5	0:08	18.50	1:59:47	6:28	4	40:04	18	40:04