



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Josephine Horn

Club: HORN to Run

Number: 337

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W30 (30-34) L

Total time: 1:59:53

Speed: 9.26 km/h

Running performance: 6:28 min/km

Rank in course/Total: 96 (of 112)

Rank in course/Women: 20 (of 25)

Best time in course: 1:19:43

Rank in category: 5(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.	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	59:28	6:27	5	20:06	21	20:06	9.20	59:28	6:27	5	20:06	21	20:06
Runde	9.00	59:29	6:36	4	19:52	16	19:52	18.20	1:58:57	6:32	5	39:58	19	39:58
Finish	0.30	0:56	3:06	4	0:12	8	0:12	18.50	1:59:53	6:28	5	40:10	20	40:10