



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Ana Isabel Silva Ramirez

Club: KS-SPORTSWORLD

Number: 390

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W35 (35-39) L

Total time: 1:38:40

Speed: 10.95 km/h

Running performance: 5:20 min/km

Rank in course/Total: 54 (of 112)

Rank in course/Women: 5 (of 25)

Best time in course: 1:19:43

Rank in category: 1(of 1)

Best time in the category: 1:38:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	48:14	5:14	1	-	3	8:52	9.20	48:14	5:14	1	-	3	8:52
Runde	9.00	49:28	5:29	1	-	5	9:51	18.20	1:37:42	5:22	1	-	5	18:43
Finish	0.30	0:58	3:13	1	-	11	0:14	18.50	1:38:40	5:20	1	-	5	18:57