



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Anja Beck

Total time: 1:41:39

Number: 411

Speed: 10.62 km/h

Running performance: 5:29 min/km

Course: 18.50 km

Rank in course/Total: 62 (of 112)

Lange Strecke

Rank in course/Women: 7 (of 25)

Best time in course: 1:19:43

Category:

Rank in category: 1(of 3)

Seniorinnen W40 (40-44) L

Best time in the category: 1:41:39

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	50:17	5:27	1	-	7	10:55	9.20	50:17	5:27	1	-	7	10:55
Runde	9.00	50:38	5:37	1	-	9	11:01	18.20	1:40:55	5:32	1	-	7	21:56
Finish	0.30	0:44	2:26	1	-	1	-	18.50	1:41:39	5:29	1	-	7	21:56