



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sandra Maleße

Total time: 1:46:34

Number: 361

Speed: 10.13 km/h

Running performance: 5:45 min/km

Course: 18.50 km

Rank in course/Total: 73 (of 112)

Lange Strecke

Rank in course/Women: 10 (of 25)

Best time in course: 1:19:43

Category:

Rank in category: 2(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	50:39	5:30	2	0:22	9	11:17	9.20	50:39	5:30	2	0:22	9	11:17
Runde	9.00	54:55	6:06	2	4:17	10	15:18	18.20	1:45:34	5:48	2	4:39	10	26:35
Finish	0.30	1:00	3:20	2	0:16	14	0:16	18.50	1:46:34	5:45	2	4:55	10	26:51