



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Nicole Beyer

Club: SV Ichttershausen

Number: 408

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W45 (45-49) L

Total time: 1:37:34

Speed: 11.07 km/h

Running performance: 5:16 min/km

Rank in course/Total: 49 (of 112)

Rank in course/Women: 3 (of 25)

Best time in course: 1:19:43

Rank in category: 1(of 5)

Best time in the category: 1:37:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	9.20	48:19	5:15	1	-	4	8:57	9.20	48:19	5:15	1	-	4	8:57				
Runde	9.00	48:17	5:21	1	-	4	8:40	18.20	1:36:36	5:18	1	-	3	17:37				
Finish	0.30	0:58	3:13	1	-	11	0:14	18.50	1:37:34	5:16	1	-	3	17:51				