



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Ines Macheleidt

Total time: 1:53:35

Club: RENNSTEIGLAUFVEREIN/ Trailrunning-Crew Thüringen
Springer 9.51 km/h

Number: 359

Running performance: 6:08 min/km

Course: 18.50 km

Rank in course/Total: 83 (of 112)

Lange Strecke

Rank in course/Women: 13 (of 25)

Best time in course: 1:19:43

Category:

Rank in category: 2 (of 5)

Seniorinnen W45 (45-49) L

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	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Runde	9.20	53:21	5:47	2	5:02	11	13:59	9.20	53:21	5:47	2	5:02	11	13:59
Runde	9.00	59:08	6:34	3	10:51	15	19:31	18.20	1:52:29	6:10	2	15:53	13	33:30
Finish	0.30	1:06	3:40	3	0:08	17	0:22	18.50	1:53:35	6:08	2	16:01	13	33:52