



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Nadine Kallenberg

Club: Stiftung Wadentest

Number: 75

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W45 (45-49) L

Total time: 1:57:45

Speed: 9.17 km/h

Running performance: 6:21 min/km

Rank in course/Total: 89 (of 112)

Rank in course/Women: 16 (of 25)

Best time in course: 1:19:43

Rank in category: 3(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.	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	58:15	6:19	3	9:56	17	18:53	9.20	58:15	6:19	3	9:56	17	18:53
Runde	9.00	58:28	6:29	2	10:11	14	18:51	18.20	1:56:43	6:24	3	20:07	16	37:44
Finish	0.30	1:02	3:26	2	0:04	15	0:18	18.50	1:57:45	6:21	3	20:11	16	38:02