



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Jana Schreiber

Total time: 2:00:52

Number: 386

Speed: 9.18 km/h

Running performance: 6:31 min/km

Course: 18.50 km

Rank in course/Total: 98 (of 112)

Lange Strecke

Rank in course/Women: 21 (of 25)

Best time in course: 1:19:43

Category:

Rank in category: 4(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.	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	59:07	6:25	4	10:48	18	19:45	9.20	59:07	6:25	4	10:48	18	19:45
Runde	9.00	1:00:39	6:44	4	12:22	20	21:02	18.20	1:59:46	6:34	4	23:10	21	40:47
Finish	0.30	1:06	3:40	3	0:08	17	0:22	18.50	2:00:52	6:31	4	23:18	21	41:09