



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Jacqueline White

Total time: 2:02:46

Number: 402

Speed: 8.80 km/h

Running performance: 6:38 min/km

Course: 18.50 km

Rank in course/Total: 105 (of 112)

Lange Strecke

Rank in course/Women: 22 (of 25)

Best time in course: 1:19:43

Category:

Rank in category: 5(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	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	9.20	1:00:40	6:35	5	12:21	23	21:18	9.20	1:00:40	6:35	5	12:21	23	21:18
Runde	9.00	1:00:56	6:46	5	12:39	21	21:19	18.20	2:01:36	6:40	5	25:00	22	42:37
Finish	0.30	1:10	3:53	5	0:12	20	0:26	18.50	2:02:46	6:38	5	25:12	22	43:03