



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. | 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 | 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 |