



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Michaela Brachmann

Club: Asphaltlady

Number: 417

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W50 (50-54) L

Total time: 1:38:08

Speed: 11.31 km/h

Running performance: 5:18 min/km

Rank in course/Total: 51 (of 112)

Rank in course/Women: 4 (of 25)

Best time in course: 1:19:43

Rank in category: 1(of 3)

Best time in the category: 1:38:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	9.20	49:15	5:21	1	-	6	9:53	9.20	49:15	5:21	1	-	6	9:53
Runde	9.00	48:03	5:20	1	-	3	8:26	18.20	1:37:18	5:20	1	-	4	18:19
Finish	0.30	0:50	2:46	1	-	4	0:06	18.50	1:38:08	5:18	1	-	4	18:25