



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sandra Voigtmann

Club: Rennsteiglaufverein

Number: 418

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W50 (50-54) L

Total time: 1:56:09

Speed: 9.30 km/h

Running performance: 6:16 min/km

Rank in course/Total: 88 (of 112)

Rank in course/Women: 15 (of 25)

Best time in course: 1:19:43

Rank in category: 2(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.	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	54:28	5:55	2	5:13	14	15:06	9.20	54:28	5:55	2	5:13	14	15:06
Runde	9.00	1:00:30	6:43	2	12:27	19	20:53	18.20	1:54:58	6:19	2	17:40	15	35:59
Finish	0.30	1:11	3:56	2	0:21	22	0:27	18.50	1:56:09	6:16	2	18:01	15	36:26