



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Ines Fiedler

Total time: 2:21:56

Number: 315

Speed: 7.61 km/h

Running performance: 7:40 min/km

Course: 18.50 km

Rank in course/Total: 111 (of 112)

Lange Strecke

Rank in course/Women: 25 (of 25)

Best time in course: 1:19:43

Category:

Rank in category: 3(of 3)

Seniorinnen W50 (50-54) L

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	1:06:29	7:13	3	17:14	24	27:07	9.20	1:06:29	7:13	3	17:14	24	27:07
Runde	9.00	1:14:06	8:13	3	26:03	25	34:29	18.20	2:20:35	7:43	3	43:17	25	1:01:36
Finish	0.30	1:21	4:30	3	0:31	24	0:37	18.50	2:21:56	7:40	3	43:48	25	1:02:13