



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sabine Wahrenberg

Club: Laufftreff Breitungen

Number: 400

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W55 (55-59) L

Total time: 1:42:19

Speed: 10.85 km/h

Running performance: 5:31 min/km

Rank in course/Total: 66 (of 112)

Rank in course/Women: 9 (of 25)

Best time in course: 1:19:43

Rank in category: 1(of 4)

Best time in the category: 1:42:19

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	50:50	5:31	1	-	10	11:28	9.20	50:50	5:31	1	-	10	11:28
Runde	9.00	50:33	5:36	1	-	7	10:56	18.20	1:41:23	5:34	1	-	9	22:24
Finish	0.30	0:56	3:06	1	-	8	0:12	18.50	1:42:19	5:31	1	-	9	22:36