



# 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Annette Hohe

Total time: 1:50:48

Number: 336

Speed: 9.75 km/h

Running performance: 5:59 min/km

Course: 18.50 km

Rank in course/Total: 79 (of 112)

Lange Strecke

Rank in course/Women: 11 (of 25)

Best time in course: 1:19:43

Category:

Rank in category: 2(of 4)

Seniorinnen W55 (55-59) L

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.	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	54:15	5:53	2	3:25	12	14:53	9.20	54:15	5:53	2	3:25	12	14:53
Runde	9.00	55:26	6:09	2	4:53	11	15:49	18.20	1:49:41	6:01	2	8:18	11	30:42
Finish	0.30	1:07	3:43	2	0:11	19	0:23	18.50	1:50:48	5:59	2	8:29	11	31:05