



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sabine König

Club: Quasties

Number: 344

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W55 (55-59) L

Total time: 1:54:08

Speed: 9.73 km/h

Running performance: 6:10 min/km

Rank in course/Total: 86 (of 112)

Rank in course/Women: 14 (of 25)

Best time in course: 1:19:43

Rank in category: 3(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.	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	54:49	5:57	3	3:59	15	15:27	9.20	54:49	5:57	3	3:59	15	15:27
Runde	9.00	58:09	6:27	3	7:36	13	18:32	18.20	1:52:58	6:12	3	11:35	14	33:59
Finish	0.30	1:10	3:53	3	0:14	20	0:26	18.50	1:54:08	6:10	3	11:49	14	34:25