



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Heike Planke

Total time: 2:08:47

Number: 370

Speed: 8.62 km/h

Running performance: 6:57 min/km

Course: 18.50 km

Rank in course/Total: 109 (of 112)

Lange Strecke

Rank in course/Women: 23 (of 25)

Best time in course: 1:19:43

Category:

Rank in category: 4(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	Stage score				Total ranking						
				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	59:35	6:28	4	8:45	22	20:13	9.20	59:35	6:28	4	8:45	22	20:13
Runde	9.00	1:07:49	7:32	4	17:16	23	28:12	18.20	2:07:24	7:00	4	26:01	23	48:25
Finish	0.30	1:23	4:36	4	0:27	25	0:39	18.50	2:08:47	6:57	4	26:28	23	49:04