



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Bärbel Fischer

Club: RLT Rodgau

Number: 317

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W60 (60-64) L

Total time: 1:34:40

Speed: 11.41 km/h

Running performance: 5:07 min/km

Rank in course/Total: 39 (of 112)

Rank in course/Women: 2 (of 25)

Best time in course: 1:19:43

Rank in category: 1(of 2)

Best time in the category: 1:34:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Runde	9.20	46:28	5:03	1	-	2	7:06	9.20	46:28	5:03	1	-	2	7:06
Runde	9.00	47:20	5:15	1	-	2	7:43	18.20	1:33:48	5:09	1	-	2	14:49
Finish	0.30	0:52	2:53	1	-	5	0:08	18.50	1:34:40	5:07	1	-	2	14:57