



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Ines Wirsching

Total time: 2:19:03

Number: 405

Speed: 7.98 km/h

Running performance: 7:30 min/km

Course: 18.50 km

Rank in course/Total: 110 (of 112)

Lange Strecke

Rank in course/Women: 24 (of 25)

Best time in course: 1:19:43

Category:

Rank in category: 2(of 2)

Seniorinnen W60 (60-64) L

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.	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	1:07:09	7:17	2	20:41	25	27:47	9.20	1:07:09	7:17	2	20:41	25	27:47
Runde	9.00	1:10:36	7:50	2	23:16	24	30:59	18.20	2:17:45	7:34	2	43:57	24	58:46
Finish	0.30	1:18	4:20	2	0:26	23	0:34	18.50	2:19:03	7:30	2	44:23	24	59:20