



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

**Fro-Milu Witzel**

**Total time: 1:59:47**

Club: Freie Reformschule Franz von Assisi Ilmenau  
Number: 404

Speed: 9.27 km/h  
Running performance: 6:28 min/km

Course: 18.50 km  
Lange Strecke

Rank in course/Total: 95 (of 112)

Rank in course/Women: 18 (of 25)

Best time in course: 1:19:43

Category:

Rank in category: 1(of 1)

weibliche Jugend U20 (18-19) L

Best time in the category: 1:59:47

## 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     | 59:09      | 6:25         | 1        | -           | 19          | 19:47        | 9.20          | 59:09      | 6:25         | 1        | -           | 19        | 19:47        |
| Runde   | 9.00     | 59:49      | 6:38         | 1        | -           | 18          | 20:12        | 18.20         | 1:58:58    | 6:32         | 1        | -           | 20        | 39:59        |
| Finish  | 0.30     | 0:49       | 2:43         | 1        | -           | 3           | 0:05         | 18.50         | 1:59:47    | 6:28         | 1        | -           | 18        | 40:04        |