



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

Rank in course/Total: 95 (of 112)

Lange Strecke

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.	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