



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

JOSTEN, Bianca

Club: Eisenach
 Number: 398

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:17:32
 Speed: 14.32 km/h
 Running performance: 4:11 min/km
 Rank in course/Total: 18 (of 173)
 Rank in course/Women: 1 (of 33)
 Best time in course: 1:17:32
 Rank in category: 1(of 8)
 Best time in the category: 1:17:32

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
Control	9.30	37:38	4:02	1	-	1	-	9.30	37:38	4:02	1	-	1	-
Control	9.00	39:04	4:20	1	-	1	-	18.30	1:16:42	4:11	1	-	1	-
Finish	0.20	0:50	4:10	1	-	2	0:02	18.50	1:17:32	4:11	1	-	1	-