



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Zarewski Heiter, Sylwia

Club: Team AR Sport
 Number: 502

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 1:20:36
 Speed: 13.77 km/h
 Running performance: 4:22 min/km
 Rank in course/Total: 25 (of 173)
 Rank in course/Women: 3 (of 33)
 Best time in course: 1:17:32
 Rank in category: 1(of 6)
 Best time in the category: 1:20:36

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	39:34	4:15	1	-	3	1:56	9.30	39:34	4:15	1	-	3	1:56
Control	9.00	40:11	4:27	1	-	2	1:07	18.30	1:19:45	4:21	1	-	3	3:03
Finish	0.20	0:51	4:15	1	-	3	0:03	18.50	1:20:36	4:21	1	-	3	3:04