



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

RÖDER, Katja

Club: RSV Adler Arnstadt
 Number: 425

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:23:02

Speed: 13.01 km/h
 Running performance: 4:29 min/km

Rank in course/Total: 31 (of 173)

Rank in course/Women: 4 (of 33)

Best time in course: 1:17:32

Rank in category: 3(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	41:18	4:26	3	3:40	4	3:40	9.30	41:18	4:26	3	3:40	4	3:40
Control	9.00	40:52	4:32	3	1:48	4	1:48	18.30	1:22:10	4:29	3	5:28	4	5:28
Finish	0.20	0:52	4:19	2	0:02	4	0:04	18.50	1:23:02	4:29	3	5:30	4	5:30