



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

RUDORFER, Carola

Club: Rennsteiglaufverein
 Number: 428

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W50 (50-54 Jahre)

Total time: 1:35:04

Speed: 11.36 km/h
 Running performance: 5:08 min/km

Rank in course/Total: 74 (of 173)

Rank in course/Women: 5 (of 33)

Best time in course: 1:17:32

Rank in category: 1(of 3)

Best time in the category: 1:35:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Control	9.30	45:42	4:54	1	-	5	8:04	9.30	45:42	4:54	1	-	5	8:04				
Control	9.00	48:24	5:22	1	-	5	9:20	18.30	1:34:06	5:08	1	-	5	17:24				
Finish	0.20	0:58	4:49	1	-	9	0:10	18.50	1:35:04	5:08	1	-	5	17:32				