



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Jäger, Maria

Club: SV Frisch-Auf Emsleben
 Number: 554

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:35:22

Speed: 11.64 km/h
 Running performance: 5:09 min/km

Rank in course/Total: 76 (of 173)

Rank in course/Men: 71 (of 140)

Best time in course: 1:06:14

Rank in category: 5(of 18)

Best time in the category: 1:17:10

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	9.30	47:49	5:08	7	10:13	81	15:19	9.30	47:49	5:08	7	10:13	81	15:19
Control	9.00	46:39	5:11	5	7:54	64	13:37	18.30	1:34:28	5:09	5	18:07	71	28:56
Finish	0.20	0:54	4:30	3	0:05	52	0:17	18.50	1:35:22	5:09	5	18:12	71	29:08