



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

FLOCK, Antje

Club: Gebesee
 Number: 373

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W45 (45-49 Jahre)

Total time: 1:40:00

Speed: 10.80 km/h
 Running performance: 5:25 min/km

Rank in course/Total: 101 (of 173)
 Rank in course/Women: 7 (of 33)
 Best time in course: 1:17:32

Rank in category: 1(of 6)
 Best time in the category: 1:40:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Control	9.30	49:24	5:18	2	0:27	8	11:46	9.30	49:24	5:18	2	0:27	8	11:46
Control	9.00	49:37	5:30	1	-	8	10:33	18.30	1:39:01	5:24	1	-	7	22:19
Finish	0.20	0:59	4:54	1	-	10	0:11	18.50	1:40:00	5:24	1	-	7	22:28