



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Köhler, Kristin

Club: Gebesee
 Number: 524

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 1:40:54

Speed: 10.70 km/h
 Running performance: 5:27 min/km

Rank in course/Total: 109 (of 173)

Rank in course/Women: 9 (of 33)

Best time in course: 1:17:32

Rank in category: 2(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.	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	9:50	8	11:46	9.30	49:24	5:18	2	9:50	8	11:46
Control	9.00	50:34	5:37	2	10:23	11	11:30	18.30	1:39:58	5:27	2	20:13	9	23:16
Finish	0.20	0:56	4:39	2	0:05	6	0:08	18.50	1:40:54	5:27	2	20:18	9	23:22