



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Stöckigt, Bettina

Club: München
 Number: 527

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:40:56

Speed: 11.00 km/h
 Running performance: 5:28 min/km

Rank in course/Total: 110 (of 173)

Rank in course/Women: 10 (of 33)

Best time in course: 1:17:32

Rank in category: 4(of 8)

Best time in the category: 1:17:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	49:56	5:22	4	12:18	10	12:18	9.30	49:56	5:22	4	12:18	10	12:18
Control	9.00	50:04	5:33	4	11:00	9	11:00	18.30	1:40:00	5:27	4	23:18	10	23:18
Finish	0.20	0:56	4:39	4	0:06	6	0:08	18.50	1:40:56	5:27	4	23:24	10	23:24