



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Planke, Heike

Club: Ilmenau
 Number: 501

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W50 (50-54 Jahre)

Total time: 1:43:32

Speed: 10.43 km/h
 Running performance: 5:36 min/km

Rank in course/Total: 117 (of 173)

Rank in course/Women: 13 (of 33)

Best time in course: 1:17:32

Rank in category: 2(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.	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	50:11	5:23	2	4:29	13	12:33	9.30	50:11	5:23	2	4:29	13	12:33
Control	9.00	52:15	5:48	2	3:51	12	13:11	18.30	1:42:26	5:35	2	8:20	13	25:44
Finish	0.20	1:06	5:30	2	0:08	21	0:18	18.50	1:43:32	5:35	2	8:28	13	26:00