



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

HERMANN, Grit

Club: Steinach  
 Number: 392

Course: 18.50 km  
 Lange Strecke

Category:  
 Seniorinnen W40 (40-44 Jahre)

Total time: 1:45:20

Speed: 10.25 km/h  
 Running performance: 5:41 min/km

Rank in course/Total: 125 (of 173)

Rank in course/Women: 14 (of 33)

Best time in course: 1:17:32

Rank in category: 3(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	50:09	5:23	3	10:35	12	12:31	9.30	50:09	5:23	3	10:35	12	12:31
Control	9.00	54:08	6:00	5	13:57	21	15:04	18.30	1:44:17	5:41	3	24:32	14	27:35
Finish	0.20	1:03	5:15	4	0:12	18	0:15	18.50	1:45:20	5:41	3	24:44	14	27:48