



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Abendroth, Andrea

Club: Ultra-Runner-Team.de
 Number: 488

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W35 (35-39 Jahre)

Total time: 1:45:43

Speed: 10.22 km/h
 Running performance: 5:43 min/km

Rank in course/Total: 126 (of 173)

Rank in course/Women: 15 (of 33)

Best time in course: 1:17:32

Rank in category: 1(of 2)

Best time in the category: 1:45:43

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	52:07	5:36	1	-	16	14:29	9.30	52:07	5:36	1	-	16	14:29
Control	9.00	52:36	5:50	1	-	13	13:32	18.30	1:44:43	5:43	1	-	15	28:01
Finish	0.20	1:00	5:00	1	-	13	0:12	18.50	1:45:43	5:42	1	-	15	28:11