



14. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Liedtke, Heidrun

Club: TG Rote Erde Schülm

Number: 479

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:45:49

Speed: 10.21 km/h

Running performance: 5:43 min/km

Rank in course/Total: 127 (of 173)

Rank in course/Women: 16 (of 33)

Best time in course: 1:17:32

Rank in category: 4 (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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Control	9.30	51:25	5:31	4	11:51	15	13:47	9.30	51:25	5:31	4	11:51	15	13:47
Control	9.00	53:25	5:56	3	13:14	18	14:21	18.30	1:44:50	5:43	4	25:05	16	28:08
Finish	0.20	0:59	4:54	3	0:08	10	0:11	18.50	1:45:49	5:43	4	25:13	16	28:17