



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

ROTHKEGEL, Ilona

Club: Erfurt
 Number: 427

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W70 (70-74 Jahre)

Total time: 1:47:11
 Speed: 10.08 km/h
 Running performance: 5:47 min/km
 Rank in course/Total: 131 (of 173)
 Rank in course/Women: 17 (of 33)
 Best time in course: 1:17:32
 Rank in category: 1(of 1)
 Best time in the category: 1:47:11

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	52:57	5:41	1	-	21	15:19	9.30	52:57	5:41	1	-	21	15:19
Control	9.00	53:12	5:54	1	-	17	14:08	18.30	1:46:09	5:48	1	-	17	29:27
Finish	0.20	1:02	5:10	1	-	17	0:14	18.50	1:47:11	5:47	1	-	17	29:39