



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

SCHÄRF, Rita

Club: RSV Arnstadt
 Number: 430

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W45 (45-49 Jahre)

Total time: 1:47:21

Speed: 10.06 km/h
 Running performance: 5:48 min/km

Rank in course/Total: 132 (of 173)

Rank in course/Women: 18 (of 33)

Best time in course: 1:17:32

Rank in category: 3(of 6)

Best time in the category: 1:40:00

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	53:21	5:44	3	4:24	23	15:43	9.30	53:21	5:44	3	4:24	23	15:43
Control	9.00	52:57	5:53	3	3:20	16	13:53	18.30	1:46:18	5:48	3	7:17	18	29:36
Finish	0.20	1:03	5:15	3	0:04	18	0:15	18.50	1:47:21	5:48	3	7:21	18	29:49