



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Flemming, Anita

Club: SV Schwabhausen
 Number: 469

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:48:15

Speed: 9.98 km/h
 Running performance: 5:51 min/km

Rank in course/Total: 137 (of 173)

Rank in course/Women: 21 (of 33)

Best time in course: 1:17:32

Rank in category: 5(of 8)

Best time in the category: 1:17:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	53:13	5:43	6	15:35	22	15:35	9.30	53:13	5:43	6	15:35	22	15:35
Control	9.00	53:53	5:59	6	14:49	20	14:49	18.30	1:47:06	5:51	5	30:24	21	30:24
Finish	0.20	1:09	5:44	7	0:19	26	0:21	18.50	1:48:15	5:51	5	30:43	21	30:43