



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Groll, Katrin

Club: Unterpörlitz
 Number: 456

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:48:31

Speed: 10.23 km/h
 Running performance: 5:52 min/km

Rank in course/Total: 140 (of 173)

Rank in course/Women: 22 (of 33)

Best time in course: 1:17:32

Rank in category: 6(of 8)

Best time in the category: 1:17:32

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	54:34	5:52	7	16:56	25	16:56	9.30	54:34	5:52	7	16:56	25	16:56
Control	9.00	52:56	5:52	5	13:52	14	13:52	18.30	1:47:30	5:52	6	30:48	22	30:48
Finish	0.20	1:01	5:04	5	0:11	16	0:13	18.50	1:48:31	5:51	6	30:59	22	30:59