



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

KUSSAUER, Ines

Club: TV Stadtilm 2011
 Number: 408

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 1:48:51

Speed: 9.92 km/h
 Running performance: 5:53 min/km

Rank in course/Total: 142 (of 173)

Rank in course/Women: 23 (of 33)

Best time in course: 1:17:32

Rank in category: 5(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	54:07	5:49	5	14:33	24	16:29	9.30	54:07	5:49	5	14:33	24	16:29
Control	9.00	53:38	5:57	4	13:27	19	14:34	18.30	1:47:45	5:53	5	28:00	23	31:03
Finish	0.20	1:06	5:30	5	0:15	21	0:18	18.50	1:48:51	5:53	5	28:15	23	31:19