



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

ALERT, Lisa

Club: Die flinken Gerataler
 Number: 351

Course: 18.50 km
 Lange Strecke

Category:
 Frauen (20-29 Jahre)

Total time: 1:50:29

Speed: 10.05 km/h
 Running performance: 5:58 min/km

Rank in course/Total: 145 (of 173)

Rank in course/Women: 24 (of 33)

Best time in course: 1:17:32

Rank in category: 5(of 5)

Best time in the category: 1:38:08

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	52:49	5:40	5	4:57	19	15:11	9.30	52:49	5:40	5	4:57	19	15:11
Control	9.00	56:52	6:19	5	7:36	25	17:48	18.30	1:49:41	5:59	5	12:33	24	32:59
Finish	0.20	0:48	4:00	1	-	1	-	18.50	1:50:29	5:58	5	12:21	24	32:57