



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

KAHL, Lilith

Club: Die flinken Gerataler
 Number: 400

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:50:51

Speed: 9.74 km/h
 Running performance: 5:59 min/km

Rank in course/Total: 147 (of 173)

Rank in course/Women: 25 (of 33)

Best time in course: 1:17:32

Rank in category: 7(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	52:49	5:40	5	15:11	19	15:11	9.30	52:49	5:40	5	15:11	19	15:11
Control	9.00	56:59	6:19	8	17:55	26	17:55	18.30	1:49:48	6:00	7	33:06	25	33:06
Finish	0.20	1:03	5:15	6	0:13	18	0:15	18.50	1:50:51	5:59	7	33:19	25	33:19