



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

BAUER, Nadine

Club: Lauffreunde Gotha
 Number: 354

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:52:02

Speed: 9.64 km/h
 Running performance: 6:04 min/km

Rank in course/Total: 151 (of 173)

Rank in course/Women: 26 (of 33)

Best time in course: 1:17:32

Rank in category: 8(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	54:37	5:52	8	16:59	26	16:59	9.30	54:37	5:52	8	16:59	26	16:59
Control	9.00	56:16	6:15	7	17:12	24	17:12	18.30	1:50:53	6:03	8	34:11	26	34:11
Finish	0.20	1:09	5:44	7	0:19	26	0:21	18.50	1:52:02	6:03	8	34:30	26	34:30