



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

WIRSCHING, Ines

Club: Ilmenau
 Number: 450

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W50 (50-54 Jahre)

Total time: 1:55:40
 Speed: 9.34 km/h
 Running performance: 6:15 min/km
 Rank in course/Total: 158 (of 173)
 Rank in course/Women: 27 (of 33)
 Best time in course: 1:17:32
 Rank in category: 3(of 3)
 Best time in the category: 1:35:04

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	56:11	6:02	3	10:29	28	18:33	9.30	56:11	6:02	3	10:29	28	18:33
Control	9.00	58:22	6:29	3	9:58	27	19:18	18.30	1:54:33	6:15	3	20:27	27	37:51
Finish	0.20	1:07	5:34	3	0:09	23	0:19	18.50	1:55:40	6:15	3	20:36	27	38:08