



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

KRAPPEL, Silvia

Club: SKS
 Number: 403

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W45 (45-49 Jahre)

Total time: 1:56:06
 Speed: 9.56 km/h
 Running performance: 6:17 min/km
 Rank in course/Total: 159 (of 173)
 Rank in course/Women: 28 (of 33)
 Best time in course: 1:17:32
 Rank in category: 4(of 6)
 Best time in the category: 1:40:00

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	55:55	6:00	4	6:58	27	18:17	9.30	55:55	6:00	4	6:58	27	18:17
Control	9.00	58:58	6:33	4	9:21	29	19:54	18.30	1:54:53	6:16	4	15:52	28	38:11
Finish	0.20	1:13	6:04	4	0:14	29	0:25	18.50	1:56:06	6:16	4	16:06	28	38:34