



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Franke, Heike

Club: SC-Impuls Erfurt
 Number: 514

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W55 (55-59 Jahre)

Total time: 1:58:28

Speed: 9.12 km/h
 Running performance: 6:24 min/km

Rank in course/Total: 160 (of 173)

Rank in course/Women: 29 (of 33)

Best time in course: 1:17:32

Rank in category: 2(of 2)

Best time in the category: 1:40:20

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	58:49	6:19	2	8:51	32	21:11	9.30	58:49	6:19	2	8:51	32	21:11
Control	9.00	58:31	6:30	2	9:09	28	19:27	18.30	1:57:20	6:24	2	18:00	29	40:38
Finish	0.20	1:08	5:39	2	0:08	24	0:20	18.50	1:58:28	6:24	2	18:08	29	40:56