



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

STEPHAN, Katrin

Club: SKS
 Number: 444

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 2:05:14

Speed: 8.86 km/h
 Running performance: 6:46 min/km

Rank in course/Total: 169 (of 173)

Rank in course/Women: 32 (of 33)

Best time in course: 1:17:32

Rank in category: 6(of 6)

Best time in the category: 1:20:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Control	9.30	57:43	6:12	6	18:09	29	20:05	9.30	57:43	6:12	6	18:09	29	20:05
Control	9.00	1:06:23	7:22	6	26:12	33	27:19	18.30	2:04:06	6:46	6	44:21	32	47:24
Finish	0.20	1:08	5:39	6	0:17	24	0:20	18.50	2:05:14	6:46	6	44:38	32	47:42