



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

JAHN, Heide

Club: Ilmenau
Number: 397

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:06:19

Speed: 8.79 km/h
Running performance: 6:50 min/km

Rank in course/Total: 170 (of 173)

Rank in course/Women: 33 (of 33)

Best time in course: 1:17:32

Rank in category: 6(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	1:01:32	6:36	6	12:35	33	23:54	9.30	1:01:32	6:36	6	12:35	33	23:54
Control	9.00	1:03:31	7:03	6	13:54	32	24:27	18.30	2:05:03	6:49	6	26:02	33	48:21
Finish	0.20	1:16	6:19	5	0:17	30	0:28	18.50	2:06:19	6:49	6	26:19	33	48:47