



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

RÖDER, Katja

Club: Arnstadt
 Number: 428

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:25:01
 Speed: 12.70 km/h
 Running performance: 4:36 min/km
 Rank in course/Total: 24 (of 144)
 Rank in course/Women: 1 (of 26)
 Best time in course: 1:25:01
 Rank in category: 1(of 3)
 Best time in the category: 1:25:01

| 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 |
| Runde | 9.30 | 41:38 | 4:28 | 1 | - | 1 | - | 9.30 | 41:38 | 4:28 | 1 | - | 1 | - |
| Runde | 9.00 | 42:34 | 4:43 | 1 | - | 1 | - | 18.30 | 1:24:12 | 4:36 | 1 | - | 1 | - |
| Finish | 0.20 | 0:49 | 4:04 | 1 | - | 1 | - | 18.50 | 1:25:01 | 4:35 | 1 | - | 1 | - |