



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: 13.06 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	-