



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

BASTIAN, Gabi

Club: DJK SC Vorra
Number: 352

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:29:54

Speed: 12.35 km/h
Running performance: 4:52 min/km

Rank in course/Total: 46 (of 144)

Rank in course/Women: 2 (of 26)

Best time in course: 1:25:01

Rank in category: 1(of 7)

Best time in the category: 1:29:54

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	43:44	4:42	1	-	2	2:06	9.30	43:44	4:42	1	-	2	2:06
Runde	9.00	45:15	5:01	1	-	2	2:41	18.30	1:28:59	4:51	1	-	2	4:47
Finish	0.20	0:55	4:34	3	0:03	10	0:06	18.50	1:29:54	4:51	1	-	2	4:53