



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: 12.01 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 | Total | Total | Pos | Behind | Pos | Behind |
|---------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|---------|--------|------|--------|-------|--------|
| | | | | | | | | km | Time | min/km | Cat. | Cat. | Women | 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 |