



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

FREITAG, Annett

Club: Eisenacher Leichtathletikverein
 Number: 374

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W50 (50-54 Jahre)

Total time: 1:32:27

Speed: 12.01 km/h
 Running performance: 5:00 min/km

Rank in course/Total: 56 (of 144)

Rank in course/Women: 4 (of 26)

Best time in course: 1:25:01

Rank in category: 2(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	44:23	4:46	2	0:39	3	2:45	9.30	44:23	4:46	2	0:39	3	2:45
Runde	9.00	47:12	5:14	2	1:57	4	4:38	18.30	1:31:35	5:00	2	2:36	4	7:23
Finish	0.20	0:52	4:19	1	-	3	0:03	18.50	1:32:27	4:59	2	2:33	4	7:26