



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

BEYER, Nicole

Club: SV Ictershausen
 Number: 362

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 1:37:57

Speed: 11.33 km/h
 Running performance: 5:17 min/km

Rank in course/Total: 86 (of 144)

Rank in course/Women: 6 (of 26)

Best time in course: 1:25:01

Rank in category: 1(of 3)

Best time in the category: 1:37:57

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	48:08	5:10	1	-	6	6:30	9.30	48:08	5:10	1	-	6	6:30
Runde	9.00	48:55	5:26	1	-	6	6:21	18.30	1:37:03	5:18	1	-	6	12:51
Finish	0.20	0:54	4:30	1	-	7	0:05	18.50	1:37:57	5:17	1	-	6	12:56