



15. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

JURKSCHAT, Uta

Club: GMRLV
Number: 400

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:41:04

Speed: 10.69 km/h
Running performance: 5:28 min/km

Rank in course/Total: 93 (of 144)

Rank in course/Women: 7 (of 26)

Best time in course: 1:25:01

Rank in category: 3(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	49:20	5:18	3	5:36	7	7:42	9.30	49:20	5:18	3	5:36	7	7:42
Runde	9.00	50:44	5:38	3	5:29	8	8:10	18.30	1:40:04	5:28	3	11:05	7	15:52
Finish	0.20	1:00	5:00	4	0:08	15	0:11	18.50	1:41:04	5:27	3	11:10	7	16:03