



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

FIDELAK, Katrin

Club: Jena
 Number: 370

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 1:42:50

Speed: 10.50 km/h
 Running performance: 5:34 min/km

Rank in course/Total: 99 (of 144)

Rank in course/Women: 8 (of 26)

Best time in course: 1:25:01

Rank in category: 3(of 3)

Best time in the category: 1:25:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	51:34	5:32	3	9:56	14	9:56	9.30	51:34	5:32	3	9:56	14	9:56
Runde	9.00	50:19	5:35	3	7:45	7	7:45	18.30	1:41:53	5:34	3	17:41	8	17:41
Finish	0.20	0:57	4:44	3	0:08	11	0:08	18.50	1:42:50	5:33	3	17:49	8	17:49