



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Flock, Antje

Club: Gebesee
 Number: 492

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W50 (50-54 Jahre)

Total time: 1:43:44

Speed: 10.41 km/h
 Running performance: 5:37 min/km

Rank in course/Total: 102 (of 144)

Rank in course/Women: 9 (of 26)

Best time in course: 1:25:01

Rank in category: 4(of 7)

Best time in the category: 1:29:54

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	51:02	5:29	5	7:18	11	9:24	9.30	51:02	5:29	5	7:18	11	9:24
Runde	9.00	51:50	5:45	4	6:35	10	9:16	18.30	1:42:52	5:37	4	13:53	9	18:40
Finish	0.20	0:52	4:19	1	-	3	0:03	18.50	1:43:44	5:36	4	13:50	9	18:43