



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Köhler, Kristin

Club: Gebesee
 Number: 493

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W45 (45-49 Jahre)

Total time: 1:43:45

Speed: 10.70 km/h
 Running performance: 5:37 min/km

Rank in course/Total: 103 (of 144)

Rank in course/Women: 10 (of 26)

Best time in course: 1:25:01

Rank in category: 1(of 3)

Best time in the category: 1:43:45

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	51:02	5:29	1	-	11	9:24	9.30	51:02	5:29	1	-	11	9:24
Runde	9.00	51:51	5:45	1	-	11	9:17	18.30	1:42:53	5:37	1	-	10	18:41
Finish	0.20	0:52	4:19	1	-	3	0:03	18.50	1:43:45	5:36	1	-	10	18:44