



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

KÖHRING, Annegret

Club: Ilmenau
 Number: 403

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W35 (35-39 Jahre)

Total time: 1:44:36
 Speed: 10.61 km/h
 Running performance: 5:39 min/km
 Rank in course/Total: 105 (of 144)
 Rank in course/Women: 11 (of 26)
 Best time in course: 1:25:01
 Rank in category: 1(of 3)
 Best time in the category: 1:44:36

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	52:10	5:36	1	-	15	10:32	9.30	52:10	5:36	1	-	15	10:32
Runde	9.00	51:33	5:43	1	-	9	8:59	18.30	1:43:43	5:40	1	-	12	19:31
Finish	0.20	0:53	4:24	1	-	6	0:04	18.50	1:44:36	5:39	1	-	11	19:35