



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: 10.33 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 |