



15. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Planke, Heike

Club: Ilmenau  
 Number: 490

Course: 18.50 km  
 Lange Strecke

Category:  
 Seniorinnen W50 (50-54 Jahre)

Total time: 1:46:16

Speed: 10.45 km/h  
 Running performance: 5:44 min/km

Rank in course/Total: 110 (of 144)

Rank in course/Women: 14 (of 26)

Best time in course: 1:25:01

Rank in category: 5(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	50:26	5:25	4	6:42	9	8:48	9.30	50:26	5:25	4	6:42	9	8:48
Runde	9.00	54:45	6:04	5	9:30	15	12:11	18.30	1:45:11	5:44	5	16:12	14	20:59
Finish	0.20	1:05	5:24	5	0:13	19	0:16	18.50	1:46:16	5:44	5	16:22	14	21:15