



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

ROTHKEGEL, Ilona

Club: Erfurt
 Number: 431

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W70 (70-74 Jahre)

Total time: 1:50:07

Speed: 10.08 km/h
 Running performance: 5:57 min/km

Rank in course/Total: 116 (of 144)

Rank in course/Women: 15 (of 26)

Best time in course: 1:25:01

Rank in category: 1(of 1)

Best time in the category: 1:50:07

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	54:33	5:51	1	-	17	12:55	9.30	54:33	5:51	1	-	17	12:55
Runde	9.00	54:36	6:03	1	-	14	12:02	18.30	1:49:09	5:57	1	-	15	24:57
Finish	0.20	0:58	4:49	1	-	12	0:09	18.50	1:50:07	5:57	1	-	15	25:06