



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

SCHÄRF, Rita

Club: RSV Adler Arnstadt
Number: 435

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:53:13

Speed: 9.80 km/h
Running performance: 6:07 min/km

Rank in course/Total: 126 (of 144)

Rank in course/Women: 17 (of 26)

Best time in course: 1:25:01

Rank in category: 2(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	54:12	5:49	2	3:10	16	12:34	9.30	54:12	5:49	2	3:10	16	12:34
Runde	9.00	57:55	6:26	2	6:04	18	15:21	18.30	1:52:07	6:07	2	9:14	17	27:55
Finish	0.20	1:06	5:30	2	0:14	20	0:17	18.50	1:53:13	6:07	2	9:28	17	28:12