



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

KALLENBERG, Nadine

Club: Stiftung Wadentest
 Number: 401

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 1:54:15
 Speed: 9.72 km/h
 Running performance: 6:11 min/km
 Rank in course/Total: 129 (of 144)
 Rank in course/Women: 18 (of 26)
 Best time in course: 1:25:01
 Rank in category: 3(of 3)
 Best time in the category: 1:37:57

Control	Intermediate times				Stage score				Total ranking					
	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	57:46	6:12	3	9:38	20	16:08	9.30	57:46	6:12	3	9:38	20	16:08
Runde	9.00	55:30	6:10	3	6:35	16	12:56	18.30	1:53:16	6:11	3	16:13	18	29:04
Finish	0.20	0:59	4:54	2	0:05	13	0:10	18.50	1:54:15	6:10	3	16:18	18	29:14