



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

LANGER, Gwendolyn

Club: PowerSisters  
Number: 410

Course: 18.50 km  
Lange Strecke

Category:  
Frauen (20-29 Jahre)

Total time: 1:56:57

Speed: 9.49 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 130 (of 144)

Rank in course/Women: 19 (of 26)

Best time in course: 1:25:01

Rank in category: 3(of 5)

Best time in the category: 1:36:38

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Runde	9.30	58:01	6:14	5	10:25	21	16:23	9.30	58:01	6:14	5	10:25	21	16:23
Runde	9.00	57:53	6:25	2	9:45	17	15:19	18.30	1:55:54	6:19	3	20:10	19	31:42
Finish	0.20	1:03	5:15	3	0:09	17	0:14	18.50	1:56:57	6:19	3	20:19	19	31:56