



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

NAKONZ, Josephin

Club: Suhl
 Number: 421

Course: 18.50 km
 Lange Strecke

Category:
 Frauen (20-29 Jahre)

Total time: 2:01:39

Speed: 8.88 km/h
 Running performance: 6:35 min/km

Rank in course/Total: 133 (of 144)

Rank in course/Women: 20 (of 26)

Best time in course: 1:25:01

Rank in category: 4(of 5)

Best time in the category: 1:36:38

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	56:53	6:06	3	9:17	18	15:15	9.30	56:53	6:06	3	9:17	18	15:15
Runde	9.00	1:03:32	7:03	4	15:24	20	20:58	18.30	2:00:25	6:34	4	24:41	20	36:13
Finish	0.20	1:14	6:10	5	0:20	24	0:25	18.50	2:01:39	6:34	4	25:01	20	36:38