



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

JAHN, Heide

Club: Ilmenau
 Number: 397

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W50 (50-54 Jahre)

Total time: 2:07:43

Speed: 8.46 km/h
 Running performance: 6:54 min/km

Rank in course/Total: 139 (of 144)

Rank in course/Women: 22 (of 26)

Best time in course: 1:25:01

Rank in category: 6(of 7)

Best time in the category: 1:29:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	1:01:58	6:39	6	18:14	22	20:20	9.30	1:01:58	6:39	6	18:14	22	20:20
Runde	9.00	1:04:34	7:10	6	19:19	22	22:00	18.30	2:06:32	6:54	6	37:33	22	42:20
Finish	0.20	1:11	5:54	6	0:19	22	0:22	18.50	2:07:43	6:54	6	37:49	22	42:42