



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

LANGER, Ursula

Club: PowerSisters
Number: 411

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:15:09

Speed: 8.21 km/h
Running performance: 7:19 min/km

Rank in course/Total: 141 (of 144)

Rank in course/Women: 24 (of 26)

Best time in course: 1:25:01

Rank in category: 2(of 3)

Best time in the category: 1:44:36

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	1:05:45	7:04	2	13:35	24	24:07	9.30	1:05:45	7:04	2	13:35	24	24:07
Runde	9.00	1:08:20	7:35	2	16:47	23	25:46	18.30	2:14:05	7:19	2	30:22	24	49:53
Finish	0.20	1:04	5:19	2	0:11	18	0:15	18.50	2:15:09	7:18	2	30:33	24	50:08