



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Scheler, Nancy

Club: Großbreitenbach
 Number: 453

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W35 (35-39 Jahre)

Total time: 2:27:38

Speed: 7.52 km/h
 Running performance: 7:59 min/km

Rank in course/Total: 144 (of 144)

Rank in course/Women: 26 (of 26)

Best time in course: 1:25:01

Rank in category: 3(of 3)

Best time in the category: 1:44:36

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	1:11:15	7:39	3	19:05	26	29:37	9.30	1:11:15	7:39	3	19:05	26	29:37
Runde	9.00	1:15:03	8:20	3	23:30	26	32:29	18.30	2:26:18	7:59	3	42:35	26	1:02:06
Finish	0.20	1:20	6:39	3	0:27	26	0:31	18.50	2:27:38	7:58	3	43:02	26	1:02:37