



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Köhler, Kristin

Club: Gebesee
 Number: 442

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W45 (45-49 Jahre)

Total time: 1:44:00
 Speed: 10.38 km/h
 Running performance: 5:37 min/km
 Rank in course/Total: 100 (of 149)
 Rank in course/Women: 10 (of 27)
 Best time in course: 1:30:11
 Rank in category: 1(of 2)
 Best time in the category: 1:44:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	9.30	50:28	5:25	1	-	11	6:13	9.30	50:28	5:25	1	-	11	6:13
Runde	9.00	52:33	5:50	1	-	10	8:33	18.30	1:43:01	5:37	1	-	10	13:39
Finish	0.20	0:59	4:54	1	-	13	0:12	18.50	1:44:00	5:37	1	-	10	13:49