



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Flock, Kristin

Club: Gebesee
 Number: 289

Course: 18.50 km
 Lange Strecke

Category:
 Seniorinnen W45 (45-49 Jahre)

Total time: 1:44:28

Speed: 10.34 km/h
 Running performance: 5:39 min/km

Rank in course/Total: 57 (of 75)
 Rank in course/Women: 8 (of 18)
 Best time in course: 1:26:24

Rank in category: 3(of 3)
 Best time in the category: 1:33:44

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	52:25	5:38	3	6:13	11	10:28	9.30	52:25	5:38	4	6:13	19	10:28
Runde	9.00	51:09	5:41	2	4:33	6	7:32	18.30	1:43:34	5:39	4	10:46	19	18:00
Finish	0.20	0:54	4:30	1	-	5	0:04	18.50	1:44:28	5:38	3	10:44	8	18:04