



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Merrbach, Frank

Club: LG Nord Berlin
 Number: 473

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:06:14

Speed: 16.76 km/h
 Running performance: 3:35 min/km

Rank in course/Total: 1 (of 173)

Rank in course/Men: 1 (of 140)

Best time in course: 1:06:14

Rank in category: 1(of 17)

Best time in the category: 1:06:14

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	32:30	3:29	1	-	1	-	9.30	32:30	3:29	1	-	1	-
Control	9.00	33:02	3:40	1	-	1	-	18.30	1:05:32	3:34	1	-	1	-
Finish	0.20	0:42	3:29	1	-	3	0:05	18.50	1:06:14	3:34	1	-	1	-