



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

**FREITAG, Roman**

Club: Eisenacher Leichtathletikverein  
 Number: 377

Course: 18.50 km  
 Lange Strecke

Category:  
 männliche Jugend U18 (16-17 Jahre)

Total time: 1:08:25

Speed: 15.79 km/h  
 Running performance: 3:42 min/km

Rank in course/Total: 2 (of 173)

Rank in course/Men: 2 (of 140)

Best time in course: 1:06:14

Rank in category: 1(of 2)

Best time in the category: 1:08:25

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	33:16	3:34	1	-	2	0:46	9.30	33:16	3:34	1	-	2	0:46
Control	9.00	34:30	3:50	1	-	2	1:28	18.30	1:07:46	3:42	1	-	2	2:14
Finish	0.20	0:39	3:15	1	-	2	0:02	18.50	1:08:25	3:41	1	-	2	2:11