



14. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Jurkschat, Wolf

Club: Rennsteiglaufverein

Number: 485

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:10:07

Speed: 15.40 km/h

Running performance: 3:47 min/km

Rank in course/Total: 3 (of 173)

Rank in course/Men: 3 (of 140)

Best time in course: 1:06:14

Rank in category: 1(of 13)

Best time in the category: 1:10:07

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|---------|-------|-------|--------|------|--------|-----|--------|-------|---------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Control | 9.30 | 34:37 | 3:43 | 1 | - | 3 | 2:07 | 9.30 | 34:37 | 3:43 | 1 | - | 3 | 2:07 |
| Control | 9.00 | 34:45 | 3:51 | 1 | - | 3 | 1:43 | 18.30 | 1:09:22 | 3:47 | 1 | - | 3 | 3:50 |
| Finish | 0.20 | 0:45 | 3:45 | 1 | - | 7 | 0:08 | 18.50 | 1:10:07 | 3:47 | 1 | - | 3 | 3:53 |