



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Braunschweig, Robert

Club: Göttingen
 Number: 452

Course: 18.50 km
 Lange Strecke

Category:
 Männer (20-29 Jahre)

Total time: 1:11:58

Speed: 15.01 km/h
 Running performance: 3:53 min/km

Rank in course/Total: 4 (of 173)

Rank in course/Men: 4 (of 140)

Best time in course: 1:06:14

Rank in category: 1(of 8)

Best time in the category: 1:11:58

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	35:24	3:48	1	-	4	2:54	9.30	35:24	3:48	1	-	4	2:54
Control	9.00	35:38	3:57	1	-	5	2:36	18.30	1:11:02	3:52	1	-	4	5:30
Finish	0.20	0:56	4:39	5	0:11	63	0:19	18.50	1:11:58	3:53	1	-	4	5:44