



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

**FREITAG, Roman**

Club: Katholische Laufjugend Arnstadt  
Number: 376

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:12:17

Speed: 14.94 km/h  
Running performance: 3:55 min/km

Rank in course/Total: 5 (of 173)

Rank in course/Men: 5 (of 140)

Best time in course: 1:06:14

Rank in category: 2(of 17)

Best time in the category: 1:06:14

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	35:38	3:49	2	3:08	5	3:08	9.30	35:38	3:49	2	3:08	5	3:08
Control	9.00	35:57	3:59	2	2:55	6	2:55	18.30	1:11:35	3:54	2	6:03	5	6:03
Finish	0.20	0:42	3:29	1	-	3	0:05	18.50	1:12:17	3:54	2	6:03	5	6:03