



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

MLINARSKY, Michael

Club: Die flinken Gerataler
 Number: 415

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:12:56

Speed: 15.22 km/h
 Running performance: 3:56 min/km

Rank in course/Total: 6 (of 173)

Rank in course/Men: 6 (of 140)

Best time in course: 1:06:14

Rank in category: 1(of 21)

Best time in the category: 1:12:56

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	36:34	3:55	2	0:10	10	4:04	9.30	36:34	3:55	2	0:10	10	4:04
Control	9.00	35:36	3:57	1	-	4	2:34	18.30	1:12:10	3:56	1	-	6	6:38
Finish	0.20	0:46	3:50	3	0:02	12	0:09	18.50	1:12:56	3:56	1	-	6	6:42