



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

BERTHOLD, Rene

Club: Waldläufer
 Number: 359

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:14:04

Speed: 14.58 km/h
 Running performance: 4:00 min/km

Rank in course/Total: 8 (of 173)

Rank in course/Men: 8 (of 140)

Best time in course: 1:06:14

Rank in category: 2(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	37:04	3:59	3	0:40	12	4:34	9.30	37:04	3:59	3	0:40	12	4:34
Control	9.00	36:14	4:01	2	0:38	7	3:12	18.30	1:13:18	4:00	2	1:08	8	7:46
Finish	0.20	0:46	3:50	3	0:02	12	0:09	18.50	1:14:04	4:00	2	1:08	8	7:50