



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

SCHÖNBORN, Frank

Club: Lauffreunde Gotha
Number: 438

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:14:29

Speed: 14.50 km/h
Running performance: 4:02 min/km

Rank in course/Total: 9 (of 173)

Rank in course/Men: 9 (of 140)

Best time in course: 1:06:14

Rank in category: 2(of 25)

Best time in the category: 1:13:13

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	36:31	3:55	2	0:53	9	4:01	9.30	36:31	3:55	2	0:53	9	4:01
Control	9.00	37:13	4:08	2	0:24	9	4:11	18.30	1:13:44	4:01	2	1:17	9	8:12
Finish	0.20	0:45	3:45	2	0:08	7	0:08	18.50	1:14:29	4:01	2	1:16	9	8:15