



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Dorn, Rainer

Club: LTV Erfurt
 Number: 515

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:15:54

Speed: 14.23 km/h
 Running performance: 4:06 min/km

Rank in course/Total: 12 (of 173)

Rank in course/Men: 12 (of 140)

Best time in course: 1:06:14

Rank in category: 1(of 22)

Best time in the category: 1:15:54

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	36:53	3:57	1	-	11	4:23	9.30	36:53	3:57	1	-	11	4:23
Control	9.00	38:13	4:14	1	-	13	5:11	18.30	1:15:06	4:06	1	-	12	9:34
Finish	0.20	0:48	4:00	1	-	19	0:11	18.50	1:15:54	4:06	1	-	12	9:40