



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Ahrndt, Jörg

Club: LG Frauenwald  
 Number: 513

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M45 (45-49 Jahre)

Total time: 1:16:17

Speed: 14.55 km/h  
 Running performance: 4:07 min/km

Rank in course/Total: 13 (of 173)

Rank in course/Men: 13 (of 140)

Best time in course: 1:06:14

Rank in category: 3(of 25)

Best time in the category: 1:13:13

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	37:22	4:01	3	1:44	13	4:52	9.30	37:22	4:01	3	1:44	13	4:52
Control	9.00	38:07	4:14	3	1:18	12	5:05	18.30	1:15:29	4:07	3	3:02	13	9:57
Finish	0.20	0:48	4:00	4	0:11	19	0:11	18.50	1:16:17	4:07	3	3:04	13	10:03