



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Siering, Martin

Club: Suhl Ribe
 Number: 497

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:17:05

Speed: 14.01 km/h
 Running performance: 4:10 min/km

Rank in course/Total: 14 (of 173)

Rank in course/Men: 14 (of 140)

Best time in course: 1:06:14

Rank in category: 3(of 17)

Best time in the category: 1:06:14

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	37:36	4:02	4	5:06	15	5:06	9.30	37:36	4:02	4	5:06	15	5:06
Control	9.00	38:42	4:18	4	5:40	17	5:40	18.30	1:16:18	4:10	3	10:46	14	10:46
Finish	0.20	0:47	3:54	4	0:05	17	0:10	18.50	1:17:05	4:09	3	10:51	14	10:51