



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Heller, Maik

Club: Schmalkalden
 Number: 545

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:17:14

Speed: 13.98 km/h
 Running performance: 4:10 min/km

Rank in course/Total: 16 (of 173)

Rank in course/Men: 16 (of 140)

Best time in course: 1:06:14

Rank in category: 4(of 17)

Best time in the category: 1:06:14

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	37:34	4:02	3	5:04	14	5:04	9.30	37:34	4:02	3	5:04	14	5:04
Control	9.00	38:52	4:19	5	5:50	19	5:50	18.30	1:16:26	4:10	4	10:54	16	10:54
Finish	0.20	0:48	4:00	6	0:06	19	0:11	18.50	1:17:14	4:10	4	11:00	16	11:00