



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Herrman, Maik

Club: SC Impuls Erfurt
Number: 486

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:17:18

Speed: 14.36 km/h
Running performance: 4:11 min/km

Rank in course/Total: 17 (of 173)

Rank in course/Men: 17 (of 140)

Best time in course: 1:06:14

Rank in category: 4(of 21)

Best time in the category: 1:12:56

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	38:06	4:05	4	1:42	18	5:36	9.30	38:06	4:05	4	1:42	18	5:36
Control	9.00	38:28	4:16	4	2:52	14	5:26	18.30	1:16:34	4:11	4	4:24	17	11:02
Finish	0.20	0:44	3:39	1	-	6	0:07	18.50	1:17:18	4:10	4	4:22	17	11:04