



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: 13.97 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	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	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