



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Grund, Martin

Club: SV Ichttershausen  
 Number: 517

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M30 (30-34 Jahre)

Total time: 1:17:32

Speed: 13.93 km/h  
 Running performance: 4:11 min/km

Rank in course/Total: 19 (of 173)

Rank in course/Men: 18 (of 140)

Best time in course: 1:06:14

Rank in category: 5(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	37:38	4:02	5	5:08	17	5:08	9.30	37:38	4:02	5	5:08	17	5:08
Control	9.00	39:04	4:20	6	6:02	21	6:02	18.30	1:16:42	4:11	5	11:10	18	11:10
Finish	0.20	0:50	4:10	7	0:08	33	0:13	18.50	1:17:32	4:11	5	11:18	18	11:18