



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

RÖDER, Stefan

Club: RSV Adler Arnstadt
Number: 426

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:17:50

Speed: 13.88 km/h
Running performance: 4:13 min/km

Rank in course/Total: 20 (of 173)

Rank in course/Men: 19 (of 140)

Best time in course: 1:06:14

Rank in category: 5(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	38:24	4:07	5	2:00	20	5:54	9.30	38:24	4:07	5	2:00	20	5:54
Control	9.00	38:38	4:17	5	3:02	16	5:36	18.30	1:17:02	4:12	5	4:52	19	11:30
Finish	0.20	0:48	4:00	6	0:04	19	0:11	18.50	1:17:50	4:12	5	4:54	19	11:36