



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

HOFMANN, Mario

Club: Die flinken Gerataler
Number: 395

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:18:10

Speed: 14.20 km/h
Running performance: 4:14 min/km

Rank in course/Total: 21 (of 173)

Rank in course/Men: 20 (of 140)

Best time in course: 1:06:14

Rank in category: 4(of 25)

Best time in the category: 1:13:13

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	38:23	4:07	4	2:45	19	5:53	9.30	38:23	4:07	4	2:45	19	5:53
Control	9.00	38:59	4:19	4	2:10	20	5:57	18.30	1:17:22	4:13	4	4:55	20	11:50
Finish	0.20	0:48	4:00	4	0:11	19	0:11	18.50	1:18:10	4:13	4	4:57	20	11:56