



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Dreier, Jan

Club: WSV Oberhof
 Number: 494

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:20:34

Speed: 13.78 km/h
 Running performance: 4:21 min/km

Rank in course/Total: 24 (of 173)

Rank in course/Men: 22 (of 140)

Best time in course: 1:06:14

Rank in category: 5(of 25)

Best time in the category: 1:13:13

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	39:49	4:16	5	4:11	22	7:19	9.30	39:49	4:16	5	4:11	22	7:19
Control	9.00	39:49	4:25	5	3:00	22	6:47	18.30	1:19:38	4:21	5	7:11	22	14:06
Finish	0.20	0:56	4:39	13	0:19	63	0:19	18.50	1:20:34	4:21	5	7:21	22	14:20