



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

SCHMIDT, Uwe

Club: GMRLV
 Number: 437

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:21:26

Speed: 13.63 km/h
 Running performance: 4:24 min/km

Rank in course/Total: 27 (of 173)

Rank in course/Men: 24 (of 140)

Best time in course: 1:06:14

Rank in category: 6(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	40:11	4:19	6	4:33	23	7:41	9.30	40:11	4:19	6	4:33	23	7:41
Control	9.00	40:23	4:29	6	3:34	24	7:21	18.30	1:20:34	4:24	6	8:07	24	15:02
Finish	0.20	0:52	4:19	10	0:15	48	0:15	18.50	1:21:26	4:24	6	8:13	24	15:12