



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Gellert, Christopher

Club: Suhl
 Number: 493

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:22:18

Speed: 13.12 km/h
 Running performance: 4:27 min/km

Rank in course/Total: 29 (of 173)

Rank in course/Men: 26 (of 140)

Best time in course: 1:06:14

Rank in category: 6(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	41:03	4:24	6	4:39	28	8:33	9.30	41:03	4:24	6	4:39	28	8:33
Control	9.00	40:23	4:29	6	4:47	24	7:21	18.30	1:21:26	4:26	6	9:16	26	15:54
Finish	0.20	0:52	4:19	11	0:08	48	0:15	18.50	1:22:18	4:26	6	9:22	26	16:04