



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Obenhaus, Steffan

Club: Wartburg Sparkasse  
 Number: 477

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M40 (40-44 Jahre)

Total time: 1:22:23

Speed: 13.11 km/h  
 Running performance: 4:27 min/km

Rank in course/Total: 30 (of 173)

Rank in course/Men: 27 (of 140)

Best time in course: 1:06:14

Rank in category: 3(of 13)

Best time in the category: 1:10:07

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	40:17	4:19	3	5:40	24	7:47	9.30	40:17	4:19	3	5:40	24	7:47
Control	9.00	41:21	4:35	3	6:36	27	8:19	18.30	1:21:38	4:27	3	12:16	27	16:06
Finish	0.20	0:45	3:45	1	-	7	0:08	18.50	1:22:23	4:27	3	12:16	27	16:09