



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Rosenberg, Marcel

Club: Lg Frauenwald
 Number: 492

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:23:29

Speed: 12.94 km/h
 Running performance: 4:31 min/km

Rank in course/Total: 32 (of 173)

Rank in course/Men: 28 (of 140)

Best time in course: 1:06:14

Rank in category: 4(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	41:03	4:24	5	6:26	28	8:33	9.30	41:03	4:24	5	6:26	28	8:33
Control	9.00	41:40	4:37	4	6:55	29	8:38	18.30	1:22:43	4:31	4	13:21	28	17:11
Finish	0.20	0:46	3:50	3	0:01	12	0:09	18.50	1:23:29	4:30	4	13:22	28	17:15