



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Agyer, Dirk

Club: Geschwenda  
 Number: 504

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M50 (50-54 Jahre)

Total time: 1:23:35

Speed: 12.92 km/h  
 Running performance: 4:31 min/km

Rank in course/Total: 33 (of 173)

Rank in course/Men: 29 (of 140)

Best time in course: 1:06:14

Rank in category: 2(of 22)

Best time in the category: 1:15:54

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	41:17	4:26	2	4:24	31	8:47	9.30	41:17	4:26	2	4:24	31	8:47
Control	9.00	41:29	4:36	2	3:16	28	8:27	18.30	1:22:46	4:31	2	7:40	29	17:14
Finish	0.20	0:49	4:04	2	0:01	28	0:12	18.50	1:23:35	4:31	2	7:41	29	17:21