



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

IAKOVLEV, Vladislav

Club: Ilmenau
 Number: 396

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:24:00

Speed: 12.86 km/h
 Running performance: 4:32 min/km

Rank in course/Total: 35 (of 173)

Rank in course/Men: 31 (of 140)

Best time in course: 1:06:14

Rank in category: 5(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 | 40:52 | 4:23 | 4 | 6:15 | 27 | 8:22 | 9.30 | 40:52 | 4:23 | 4 | 6:15 | 27 | 8:22 |
| Control | 9.00 | 42:16 | 4:41 | 5 | 7:31 | 33 | 9:14 | 18.30 | 1:23:08 | 4:32 | 5 | 13:46 | 31 | 17:36 |
| Finish | 0.20 | 0:52 | 4:19 | 6 | 0:07 | 48 | 0:15 | 18.50 | 1:24:00 | 4:32 | 5 | 13:53 | 31 | 17:46 |