



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: 13.21 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.	Stage score		Total ranking						
						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