



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

OTTO, Matthias

Club: Ilmenau
 Number: 418

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:24:40

Speed: 12.76 km/h
 Running performance: 4:35 min/km

Rank in course/Total: 37 (of 173)

Rank in course/Men: 33 (of 140)

Best time in course: 1:06:14

Rank in category: 3(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	41:28	4:27	3	4:35	32	8:58	9.30	41:28	4:27	3	4:35	32	8:58
Control	9.00	42:21	4:42	4	4:08	35	9:19	18.30	1:23:49	4:34	3	8:43	33	18:17
Finish	0.20	0:51	4:15	5	0:03	42	0:14	18.50	1:24:40	4:34	3	8:46	33	18:26