



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

HENGELHAUPT, Thorsten

Club: VfB Torpedo Ichtershausen
 Number: 390

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:26:26

Speed: 12.84 km/h
 Running performance: 4:40 min/km

Rank in course/Total: 40 (of 173)

Rank in course/Men: 36 (of 140)

Best time in course: 1:06:14

Rank in category: 9(of 21)

Best time in the category: 1:12:56

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	43:13	4:38	13	6:49	44	10:43	9.30	43:13	4:38	13	6:49	44	10:43
Control	9.00	42:22	4:42	9	6:46	36	9:20	18.30	1:25:35	4:40	9	13:25	36	20:03
Finish	0.20	0:51	4:15	10	0:07	42	0:14	18.50	1:26:26	4:40	9	13:30	36	20:12