



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Greiner, Mario

Club: N3

Number: 463

Course: 18.50 km

Lange Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:26:30

Speed: 12.49 km/h

Running performance: 4:41 min/km

Rank in course/Total: 41 (of 173)

Rank in course/Men: 37 (of 140)

Best time in course: 1:06:14

Rank in category: 10(of 21)

Best time in the category: 1:12:56

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	9.30	42:44	4:35	11	6:20	40	10:14	9.30	42:44	4:35	11	6:20	40	10:14
Control	9.00	42:56	4:46	10	7:20	40	9:54	18.30	1:25:40	4:40	10	13:30	37	20:08
Finish	0.20	0:50	4:10	8	0:06	33	0:13	18.50	1:26:30	4:40	10	13:34	37	20:16