



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Schertling, Sebastian

Club: SV 09 Arnstadt
 Number: 550

Course: 18.50 km
 Lange Strecke

Category:
 Männer (20-29 Jahre)

Total time: 1:26:55

Speed: 12.43 km/h
 Running performance: 4:42 min/km

Rank in course/Total: 42 (of 173)

Rank in course/Men: 38 (of 140)

Best time in course: 1:06:14

Rank in category: 3(of 8)

Best time in the category: 1:11:58

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	43:31	4:40	3	8:07	45	11:01	9.30	43:31	4:40	3	8:07	45	11:01
Control	9.00	42:36	4:44	2	6:58	39	9:34	18.30	1:26:07	4:42	3	15:05	38	20:35
Finish	0.20	0:48	4:00	2	0:03	19	0:11	18.50	1:26:55	4:41	3	14:57	38	20:41