



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Kreuzberger, Gunther

Club: Ilmenau
 Number: 508

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:26:56

Speed: 12.77 km/h
 Running performance: 4:42 min/km

Rank in course/Total: 43 (of 173)

Rank in course/Men: 39 (of 140)

Best time in course: 1:06:14

Rank in category: 7(of 25)

Best time in the category: 1:13:13

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	42:23	4:33	7	6:45	39	9:53	9.30	42:23	4:33	7	6:45	39	9:53
Control	9.00	43:56	4:52	7	7:07	45	10:54	18.30	1:26:19	4:43	7	13:52	40	20:47
Finish	0.20	0:37	3:05	1	-	1	-	18.50	1:26:56	4:41	7	13:43	39	20:42