



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

GERHARDT, Tom

Club: USC Freiburg
 Number: 382

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:26:58

Speed: 12.76 km/h
 Running performance: 4:42 min/km

Rank in course/Total: 44 (of 173)

Rank in course/Men: 40 (of 140)

Best time in course: 1:06:14

Rank in category: 6(of 13)

Best time in the category: 1:10:07

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	43:35	4:41	6	8:58	46	11:05	9.30	43:35	4:41	6	8:58	46	11:05
Control	9.00	42:34	4:43	6	7:49	38	9:32	18.30	1:26:09	4:42	6	16:47	39	20:37
Finish	0.20	0:49	4:04	5	0:04	28	0:12	18.50	1:26:58	4:42	6	16:51	40	20:44