



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Rückert, Jonas

Club: Ilmenau Roda
 Number: 458

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:27:07

Speed: 12.40 km/h
 Running performance: 4:43 min/km

Rank in course/Total: 45 (of 173)

Rank in course/Men: 41 (of 140)

Best time in course: 1:06:14

Rank in category: 11(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	41:42	4:29	9	5:18	35	9:12	9.30	41:42	4:29	9	5:18	35	9:12
Control	9.00	44:40	4:57	12	9:04	52	11:38	18.30	1:26:22	4:43	11	14:12	42	20:50
Finish	0.20	0:45	3:45	2	0:01	7	0:08	18.50	1:27:07	4:42	11	14:11	41	20:53