



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Rose, Marcel

Club: SV Rennsteig
 Number: 478

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:27:10

Speed: 12.39 km/h
 Running performance: 4:43 min/km

Rank in course/Total: 46 (of 173)

Rank in course/Men: 42 (of 140)

Best time in course: 1:06:14

Rank in category: 9(of 17)

Best time in the category: 1:06:14

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	44:33	4:47	10	12:03	49	12:03	9.30	44:33	4:47	10	12:03	49	12:03
Control	9.00	41:47	4:38	8	8:45	31	8:45	18.30	1:26:20	4:43	9	20:48	41	20:48
Finish	0.20	0:50	4:10	7	0:08	33	0:13	18.50	1:27:10	4:42	9	20:56	42	20:56