



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

KERST, Alexander

Club: WalschbergRunners  
 Number: 402

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M30 (30-34 Jahre)

Total time: 1:27:13

Speed: 12.38 km/h  
 Running performance: 4:43 min/km

Rank in course/Total: 47 (of 173)

Rank in course/Men: 43 (of 140)

Best time in course: 1:06:14

Rank in category: 10(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	42:09	4:31	9	9:39	37	9:39	9.30	42:09	4:31	9	9:39	37	9:39
Control	9.00	44:13	4:54	10	11:11	48	11:11	18.30	1:26:22	4:43	10	20:50	42	20:50
Finish	0.20	0:51	4:15	10	0:09	42	0:14	18.50	1:27:13	4:42	10	20:59	43	20:59