



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

FRIEDRICH, Thomas

Club: LTV Erfurt
 Number: 378

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:28:09

Speed: 12.59 km/h
 Running performance: 4:46 min/km

Rank in course/Total: 50 (of 173)

Rank in course/Men: 46 (of 140)

Best time in course: 1:06:14

Rank in category: 5(of 22)

Best time in the category: 1:15:54

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	42:47	4:36	4	5:54	41	10:17	9.30	42:47	4:36	4	5:54	41	10:17
Control	9.00	44:32	4:56	6	6:19	51	11:30	18.30	1:27:19	4:46	5	12:13	46	21:47
Finish	0.20	0:50	4:10	4	0:02	33	0:13	18.50	1:28:09	4:45	5	12:15	46	21:55