



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

LATZEL, Jörg

Club: Rennsteiglauf Verein
 Number: 409

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:29:06

Speed: 12.46 km/h
 Running performance: 4:49 min/km

Rank in course/Total: 51 (of 173)

Rank in course/Men: 47 (of 140)

Best time in course: 1:06:14

Rank in category: 8(of 25)

Best time in the category: 1:13:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	42:58	4:37	8	7:20	42	10:28	9.30	42:58	4:37	8	7:20	42	10:28
Control	9.00	45:17	5:01	9	8:28	55	12:15	18.30	1:28:15	4:49	8	15:48	47	22:43
Finish	0.20	0:51	4:15	8	0:14	42	0:14	18.50	1:29:06	4:48	8	15:53	47	22:52