



14. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

CARL, Rene

Club: Walschberg Runners

Number: 365

Course: 18.50 km

Lange Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:29:41

Speed: 12.04 km/h

Running performance: 4:51 min/km

Rank in course/Total: 52 (of 173)

Rank in course/Men: 48 (of 140)

Best time in course: 1:06:14

Rank in category: 13(of 21)

Best time in the category: 1:12:56

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	9.30	43:00	4:37	12	6:36	43	10:30	9.30	43:00	4:37	12	6:36	43	10:30
Control	9.00	45:17	5:01	13	9:41	55	12:15	18.30	1:28:17	4:49	13	16:07	48	22:45
Finish	0.20	1:24	6:59	20	0:40	135	0:47	18.50	1:29:41	4:50	13	16:45	48	23:27