



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

SMERLING, Peter

Club: Martinroda
 Number: 442

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:30:20

Speed: 11.96 km/h
 Running performance: 4:53 min/km

Rank in course/Total: 53 (of 173)

Rank in course/Men: 49 (of 140)

Best time in course: 1:06:14

Rank in category: 9(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	45:30	4:53	11	9:52	58	13:00	9.30	45:30	4:53	11	9:52	58	13:00
Control	9.00	43:59	4:53	8	7:10	46	10:57	18.30	1:29:29	4:53	9	17:02	49	23:57
Finish	0.20	0:51	4:15	8	0:14	42	0:14	18.50	1:30:20	4:52	9	17:07	49	24:06