



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Kretzschmar, Manfred

Club: Ichttershausen  
 Number: 495

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M65 (65-69 Jahre)

Total time: 1:30:48

Speed: 12.22 km/h  
 Running performance: 4:55 min/km

Rank in course/Total: 55 (of 173)

Rank in course/Men: 51 (of 140)

Best time in course: 1:06:14

Rank in category: 1(of 3)

Best time in the category: 1:30:48

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	45:01	4:50	1	-	52	12:31	9.30	45:01	4:50	1	-	52	12:31
Control	9.00	44:51	4:59	1	-	53	11:49	18.30	1:29:52	4:54	1	-	51	24:20
Finish	0.20	0:56	4:39	1	-	63	0:19	18.50	1:30:48	4:54	1	-	51	24:34