



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Krannich, Steffen

Club: Beachvolleaball Club Altenfeld
 Number: 491

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:31:00

Speed: 12.20 km/h
 Running performance: 4:55 min/km

Rank in course/Total: 56 (of 173)

Rank in course/Men: 52 (of 140)

Best time in course: 1:06:14

Rank in category: 6(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.	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	44:02	4:44	5	7:09	48	11:32	9.30	44:02	4:44	5	7:09	48	11:32
Control	9.00	45:58	5:06	9	7:45	60	12:56	18.30	1:30:00	4:55	6	14:54	52	24:28
Finish	0.20	1:00	5:00	11	0:12	84	0:23	18.50	1:31:00	4:55	6	15:06	52	24:46