



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Boller, Frank

Club: RTV-Haselgrund/Team Erdinger Alkoholfrei
 Number: 475

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:31:20

Speed: 11.82 km/h
 Running performance: 4:56 min/km

Rank in course/Total: 58 (of 173)

Rank in course/Men: 54 (of 140)

Best time in course: 1:06:14

Rank in category: 2(of 18)

Best time in the category: 1:17:10

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	46:41	5:01	4	9:05	63	14:11	9.30	46:41	5:01	4	9:05	63	14:11
Control	9.00	43:49	4:52	2	5:04	43	10:47	18.30	1:30:30	4:56	2	14:09	54	24:58
Finish	0.20	0:50	4:10	2	0:01	33	0:13	18.50	1:31:20	4:56	2	14:10	54	25:06