



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. | 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 | 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 |