



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

DALBERT, Frank

Club: Run4Fun + Chaosteam-RSL
 Number: 366

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:31:24

Speed: 12.14 km/h
 Running performance: 4:56 min/km

Rank in course/Total: 59 (of 173)

Rank in course/Men: 55 (of 140)

Best time in course: 1:06:14

Rank in category: 8(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.	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	9	9:48	63	14:11	9.30	46:41	5:01	9	9:48	63	14:11
Control	9.00	43:49	4:52	5	5:36	43	10:47	18.30	1:30:30	4:56	8	15:24	54	24:58
Finish	0.20	0:54	4:30	7	0:06	52	0:17	18.50	1:31:24	4:56	8	15:30	55	25:10