



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

WERNER, Henry

Club: Ilmenau OT Heyda
 Number: 448

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:31:44

Speed: 11.77 km/h
 Running performance: 4:58 min/km

Rank in course/Total: 60 (of 173)

Rank in course/Men: 56 (of 140)

Best time in course: 1:06:14

Rank in category: 10(of 25)

Best time in the category: 1:13:13

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	45:29	4:53	10	9:51	56	12:59	9.30	45:29	4:53	10	9:51	56	12:59
Control	9.00	45:20	5:02	10	8:31	57	12:18	18.30	1:30:49	4:57	10	18:22	56	25:17
Finish	0.20	0:55	4:34	11	0:18	59	0:18	18.50	1:31:44	4:57	10	18:31	56	25:30