



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Mölders, Martin

Club: Guths Muths Rennsteiglaufverein  
Number: 470

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:32:14

Speed: 11.71 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 63 (of 173)

Rank in course/Men: 59 (of 140)

Best time in course: 1:06:14

Rank in category: 3(of 18)

Best time in the category: 1:17:10

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	9.30	45:05	4:50	2	7:29	53	12:35	9.30	45:05	4:50	2	7:29	53	12:35
Control	9.00	46:06	5:07	3	7:21	61	13:04	18.30	1:31:11	4:58	3	14:50	58	25:39
Finish	0.20	1:03	5:15	14	0:14	106	0:26	18.50	1:32:14	4:59	3	15:04	59	26:00