



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

SIEGEL, Frank

Club: VS Potsdam
 Number: 441

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:32:39

Speed: 11.66 km/h
 Running performance: 5:01 min/km

Rank in course/Total: 64 (of 173)

Rank in course/Men: 60 (of 140)

Best time in course: 1:06:14

Rank in category: 4(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	45:29	4:53	3	7:53	56	12:59	9.30	45:29	4:53	3	7:53	56	12:59
Control	9.00	46:10	5:07	4	7:25	62	13:08	18.30	1:31:39	5:00	4	15:18	60	26:07
Finish	0.20	1:00	5:00	7	0:11	84	0:23	18.50	1:32:39	5:00	4	15:29	60	26:25