



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

EBINGER, Swen

Club: RTV
 Number: 368

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:33:02

Speed: 11.61 km/h
 Running performance: 5:02 min/km

Rank in course/Total: 65 (of 173)

Rank in course/Men: 61 (of 140)

Best time in course: 1:06:14

Rank in category: 11(of 17)

Best time in the category: 1:06:14

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	47:40	5:07	12	15:10	76	15:10	9.30	47:40	5:07	12	15:10	76	15:10
Control	9.00	44:27	4:56	11	11:25	50	11:25	18.30	1:32:07	5:02	11	26:35	61	26:35
Finish	0.20	0:55	4:34	11	0:13	59	0:18	18.50	1:33:02	5:01	11	26:48	61	26:48