



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

PESCHKE, Steffen

Club: SC Impuls Erfurt e.V.
Number: 419

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:33:43

Speed: 11.52 km/h
Running performance: 5:04 min/km

Rank in course/Total: 66 (of 173)

Rank in course/Men: 62 (of 140)

Best time in course: 1:06:14

Rank in category: 9(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	44:57	4:49	6	8:04	50	12:27	9.30	44:57	4:49	6	8:04	50	12:27
Control	9.00	47:41	5:17	11	9:28	75	14:39	18.30	1:32:38	5:03	9	17:32	62	27:06
Finish	0.20	1:05	5:24	18	0:17	114	0:28	18.50	1:33:43	5:03	9	17:49	62	27:29