



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Henkel, Ottmar

Club: Gera
 Number: 460

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M65 (65-69 Jahre)

Total time: 1:34:08

Speed: 11.47 km/h
 Running performance: 5:05 min/km

Rank in course/Total: 68 (of 173)

Rank in course/Men: 64 (of 140)

Best time in course: 1:06:14

Rank in category: 2(of 3)

Best time in the category: 1:30:48

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	46:42	5:01	2	1:41	65	14:12	9.30	46:42	5:01	2	1:41	65	14:12
Control	9.00	46:28	5:09	2	1:37	63	13:26	18.30	1:33:10	5:05	2	3:18	64	27:38
Finish	0.20	0:58	4:49	2	0:02	70	0:21	18.50	1:34:08	5:05	2	3:20	64	27:54