



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

HEYM, Thomas

Club: Ilmenau  
 Number: 393

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M45 (45-49 Jahre)

Total time: 1:34:10

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

Rank in course/Total: 69 (of 173)

Rank in course/Men: 65 (of 140)

Best time in course: 1:06:14

Rank in category: 12(of 25)

Best time in the category: 1:13:13

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	43:45	4:42	9	8:07	47	11:15	9.30	43:45	4:42	9	8:07	47	11:15
Control	9.00	49:26	5:29	20	12:37	89	16:24	18.30	1:33:11	5:05	12	20:44	65	27:39
Finish	0.20	0:59	4:54	15	0:22	79	0:22	18.50	1:34:10	5:05	12	20:57	65	27:56