



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. | Stage score | | Total ranking | | | | | | |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | 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 |