



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Flemming, Christian

Club: SV Schwabhausen
 Number: 468

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:34:27

Speed: 11.43 km/h
 Running performance: 5:07 min/km

Rank in course/Total: 70 (of 173)

Rank in course/Men: 66 (of 140)

Best time in course: 1:06:14

Rank in category: 12(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	46:33	5:00	11	14:03	61	14:03	9.30	46:33	5:00	11	14:03	61	14:03
Control	9.00	46:58	5:13	12	13:56	65	13:56	18.30	1:33:31	5:06	12	27:59	66	27:59
Finish	0.20	0:56	4:39	12	0:14	63	0:19	18.50	1:34:27	5:06	12	28:13	66	28:13