



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

KUPFER, Jörg

Club: Lauffreunde Gotha  
Number: 407

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:34:48

Speed: 11.39 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 71 (of 173)

Rank in course/Men: 67 (of 140)

Best time in course: 1:06:14

Rank in category: 10(of 22)

Best time in the category: 1:15:54

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	9.30	48:22	5:12	12	11:29	89	15:52	9.30	48:22	5:12	12	11:29	89	15:52
Control	9.00	45:28	5:03	8	7:15	58	12:26	18.30	1:33:50	5:07	10	18:44	67	28:18
Finish	0.20	0:58	4:49	10	0:10	70	0:21	18.50	1:34:48	5:07	10	18:54	67	28:34