



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

BOLZ, Stefan

Club: Langewiesen
 Number: 362

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:34:55

Speed: 11.38 km/h
 Running performance: 5:08 min/km

Rank in course/Total: 72 (of 173)

Rank in course/Men: 68 (of 140)

Best time in course: 1:06:14

Rank in category: 13(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 | 46:52 | 5:02 | 14 | 11:14 | 67 | 14:22 | 9.30 | 46:52 | 5:02 | 14 | 11:14 | 67 | 14:22 |
| Control | 9.00 | 47:05 | 5:13 | 11 | 10:16 | 67 | 14:03 | 18.30 | 1:33:57 | 5:08 | 13 | 21:30 | 68 | 28:25 |
| Finish | 0.20 | 0:58 | 4:49 | 14 | 0:21 | 70 | 0:21 | 18.50 | 1:34:55 | 5:07 | 13 | 21:42 | 68 | 28:41 |