



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