



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Gruß, Martin

Club: Apfelstädt
Number: 465

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:35:09

Speed: 11.35 km/h
Running performance: 5:08 min/km

Rank in course/Total: 75 (of 173)

Rank in course/Men: 70 (of 140)

Best time in course: 1:06:14

Rank in category: 14(of 25)

Best time in the category: 1:13:13

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	47:00	5:03	15	11:22	68	14:30	9.30	47:00	5:03	15	11:22	68	14:30
Control	9.00	47:19	5:15	12	10:30	71	14:17	18.30	1:34:19	5:09	14	21:52	70	28:47
Finish	0.20	0:50	4:10	7	0:13	33	0:13	18.50	1:35:09	5:08	14	21:56	70	28:55