



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Pluntke, Andreas

Club: Arnstadt
 Number: 459

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:35:51

Speed: 11.27 km/h
 Running performance: 5:11 min/km

Rank in course/Total: 77 (of 173)

Rank in course/Men: 72 (of 140)

Best time in course: 1:06:14

Rank in category: 11(of 22)

Best time in the category: 1:15:54

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	47:39	5:07	11	10:46	75	15:09	9.30	47:39	5:07	11	10:46	75	15:09
Control	9.00	47:11	5:14	10	8:58	68	14:09	18.30	1:34:50	5:10	11	19:44	72	29:18
Finish	0.20	1:01	5:04	12	0:13	94	0:24	18.50	1:35:51	5:10	11	19:57	72	29:37