



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Grütze, Uwe

Club: Ilmenau
 Number: 455

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:35:59

Speed: 11.25 km/h
 Running performance: 5:11 min/km

Rank in course/Total: 78 (of 173)

Rank in course/Men: 73 (of 140)

Best time in course: 1:06:14

Rank in category: 15(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	45:40	4:54	13	10:02	60	13:10	9.30	45:40	4:54	13	10:02	60	13:10
Control	9.00	49:16	5:28	19	12:27	88	16:14	18.30	1:34:56	5:11	15	22:29	73	29:24
Finish	0.20	1:03	5:15	19	0:26	106	0:26	18.50	1:35:59	5:11	15	22:46	73	29:45