



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Junne, Ralf

Club: Erfurt
 Number: 595

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:36:13

Speed: 11.22 km/h
 Running performance: 5:12 min/km

Rank in course/Total: 79 (of 173)

Rank in course/Men: 74 (of 140)

Best time in course: 1:06:14

Rank in category: 6(of 18)

Best time in the category: 1:17:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	47:45	5:08	6	10:09	78	15:15	9.30	47:45	5:08	6	10:09	78	15:15
Control	9.00	47:29	5:16	6	8:44	73	14:27	18.30	1:35:14	5:12	6	18:53	74	29:42
Finish	0.20	0:59	4:54	6	0:10	79	0:22	18.50	1:36:13	5:12	6	19:03	74	29:59