



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

GRUNE, Sascha

Club: Ilmenau
 Number: 385

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:36:47

Speed: 11.16 km/h
 Running performance: 5:14 min/km

Rank in course/Total: 80 (of 173)

Rank in course/Men: 75 (of 140)

Best time in course: 1:06:14

Rank in category: 14(of 21)

Best time in the category: 1:12:56

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	48:30	5:12	18	12:06	92	16:00	9.30	48:30	5:12	18	12:06	92	16:00
Control	9.00	47:17	5:15	14	11:41	70	14:15	18.30	1:35:47	5:14	14	23:37	75	30:15
Finish	0.20	1:00	5:00	15	0:16	84	0:23	18.50	1:36:47	5:13	14	23:51	75	30:33