



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Pohlmann, Mario

Club: Hildbachau
 Number: 526

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:37:25

Speed: 11.09 km/h
 Running performance: 5:16 min/km

Rank in course/Total: 82 (of 173)

Rank in course/Men: 77 (of 140)

Best time in course: 1:06:14

Rank in category: 12(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	48:34	5:13	13	11:41	94	16:04	9.30	48:34	5:13	13	11:41	94	16:04
Control	9.00	48:02	5:20	12	9:49	76	15:00	18.30	1:36:36	5:16	12	21:30	79	31:04
Finish	0.20	0:49	4:04	2	0:01	28	0:12	18.50	1:37:25	5:15	12	21:31	77	31:11