



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Schmidt, Rene

Club: Wolnzach
 Number: 509

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:37:25

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

Rank in course/Total: 83 (of 173)

Rank in course/Men: 77 (of 140)

Best time in course: 1:06:14

Rank in category: 16(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.	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	18	12:07	78	15:15	9.30	47:45	5:08	18	12:07	78	15:15
Control	9.00	48:45	5:25	16	11:56	82	15:43	18.30	1:36:30	5:16	16	24:03	77	30:58
Finish	0.20	0:55	4:34	11	0:18	59	0:18	18.50	1:37:25	5:15	16	24:12	77	31:11