



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

SCHMIDT, Thomas

Club: SV Ilmtal Manebach
 Number: 436

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:37:34

Speed: 11.07 km/h
 Running performance: 5:16 min/km

Rank in course/Total: 84 (of 173)

Rank in course/Men: 79 (of 140)

Best time in course: 1:06:14

Rank in category: 17(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	48:51	5:15	20	13:13	97	16:21	9.30	48:51	5:15	20	13:13	97	16:21
Control	9.00	47:40	5:17	14	10:51	74	14:38	18.30	1:36:31	5:16	17	24:04	78	30:59
Finish	0.20	1:03	5:15	19	0:26	106	0:26	18.50	1:37:34	5:16	17	24:21	79	31:20