



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Heiter, Kai

Club: Team AR Sport  
 Number: 503

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M45 (45-49 Jahre)

Total time: 1:37:38

Speed: 11.06 km/h  
 Running performance: 5:17 min/km

Rank in course/Total: 85 (of 173)

Rank in course/Men: 80 (of 140)

Best time in course: 1:06:14

Rank in category: 18(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	47:42	5:07	17	12:04	77	15:12	9.30	47:42	5:07	17	12:04	77	15:12
Control	9.00	48:56	5:26	18	12:07	86	15:54	18.30	1:36:38	5:16	18	24:11	80	31:06
Finish	0.20	1:00	5:00	17	0:23	84	0:23	18.50	1:37:38	5:16	18	24:25	80	31:24