



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Rommel, Robert

Club: Wincheringen
 Number: 510

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:37:57

Speed: 11.03 km/h
 Running performance: 5:17 min/km

Rank in course/Total: 86 (of 173)

Rank in course/Men: 81 (of 140)

Best time in course: 1:06:14

Rank in category: 15(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 | 48:10 | 5:10 | 15 | 11:46 | 84 | 15:40 | 9.30 | 48:10 | 5:10 | 15 | 11:46 | 84 | 15:40 |
| Control | 9.00 | 48:45 | 5:25 | 15 | 13:09 | 82 | 15:43 | 18.30 | 1:36:55 | 5:17 | 15 | 24:45 | 81 | 31:23 |
| Finish | 0.20 | 1:02 | 5:10 | 17 | 0:18 | 100 | 0:25 | 18.50 | 1:37:57 | 5:17 | 15 | 25:01 | 81 | 31:43 |