



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: 11.33 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