



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

WERNER, Frank

Club: SG Urbich 1984 e.V.  
Number: 447

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:37:59

Speed: 11.02 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 87 (of 173)

Rank in course/Men: 82 (of 140)

Best time in course: 1:06:14

Rank in category: 9(of 13)

Best time in the category: 1:10:07

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	47:18	5:05	9	12:41	72	14:48	9.30	47:18	5:05	9	12:41	72	14:48
Control	9.00	49:44	5:31	10	14:59	92	16:42	18.30	1:37:02	5:18	9	27:40	83	31:30
Finish	0.20	0:57	4:44	9	0:12	69	0:20	18.50	1:37:59	5:17	9	27:52	82	31:45