



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

RISCH, Stefan

Club: Neustadt Am Rennsteig
 Number: 424

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:38:01

Speed: 11.32 km/h
 Running performance: 5:18 min/km

Rank in course/Total: 88 (of 173)

Rank in course/Men: 83 (of 140)

Best time in course: 1:06:14

Rank in category: 19(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	47:05	5:03	16	11:27	69	14:35	9.30	47:05	5:03	16	11:27	69	14:35
Control	9.00	49:53	5:32	21	13:04	94	16:51	18.30	1:36:58	5:17	19	24:31	82	31:26
Finish	0.20	1:03	5:15	19	0:26	106	0:26	18.50	1:38:01	5:17	19	24:48	83	31:47