



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Reisser, Mario

Club: Fat Fighters
 Number: 498

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:38:06

Speed: 11.01 km/h
 Running performance: 5:18 min/km

Rank in course/Total: 89 (of 173)

Rank in course/Men: 84 (of 140)

Best time in course: 1:06:14

Rank in category: 20(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 | 48:11 | 5:10 | 19 | 12:33 | 85 | 15:41 | 9.30 | 48:11 | 5:10 | 19 | 12:33 | 85 | 15:41 |
| Control | 9.00 | 48:55 | 5:26 | 17 | 12:06 | 85 | 15:53 | 18.30 | 1:37:06 | 5:18 | 20 | 24:39 | 84 | 31:34 |
| Finish | 0.20 | 1:00 | 5:00 | 17 | 0:23 | 84 | 0:23 | 18.50 | 1:38:06 | 5:18 | 20 | 24:53 | 84 | 31:52 |