



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

SCHMIDT, Ingo

Club: Die flinken Gerataler
 Number: 433

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:38:24

Speed: 10.98 km/h
 Running performance: 5:19 min/km

Rank in course/Total: 91 (of 173)

Rank in course/Men: 85 (of 140)

Best time in course: 1:06:14

Rank in category: 8(of 18)

Best time in the category: 1:17:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Control	9.30	48:34	5:13	10	10:58	94	16:04	9.30	48:34	5:13	10	10:58	94	16:04				
Control	9.00	48:52	5:25	8	10:07	84	15:50	18.30	1:37:26	5:19	8	21:05	85	31:54				
Finish	0.20	0:58	4:49	5	0:09	70	0:21	18.50	1:38:24	5:19	8	21:14	85	32:10				