



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Enders, Benjamin

Club: WSV Ilmenau Alpine  
 Number: 472

Course: 18.50 km  
 Lange Strecke

Category:  
 Männer (20-29 Jahre)

Total time: 1:38:36

Speed: 10.95 km/h  
 Running performance: 5:20 min/km

Rank in course/Total: 93 (of 173)

Rank in course/Men: 87 (of 140)

Best time in course: 1:06:14

Rank in category: 6(of 8)

Best time in the category: 1:11:58

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	50:48	5:27	8	15:24	109	18:18	9.30	50:48	5:27	8	15:24	109	18:18
Control	9.00	47:03	5:13	6	11:25	66	14:01	18.30	1:37:51	5:20	7	26:49	89	32:19
Finish	0.20	0:45	3:45	1	-	7	0:08	18.50	1:38:36	5:19	6	26:38	87	32:22