



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Michel, Andreas

Club: Michel Laufverein
 Number: 490

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:38:33

Speed: 10.96 km/h
 Running performance: 5:20 min/km

Rank in course/Total: 92 (of 173)

Rank in course/Men: 86 (of 140)

Best time in course: 1:06:14

Rank in category: 13(of 22)

Best time in the category: 1:15:54

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	47:17	5:05	10	10:24	71	14:47	9.30	47:17	5:05	10	10:24	71	14:47
Control	9.00	50:12	5:34	14	11:59	98	17:10	18.30	1:37:29	5:19	13	22:23	86	31:57
Finish	0.20	1:04	5:19	17	0:16	112	0:27	18.50	1:38:33	5:19	13	22:39	86	32:19