



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

HILLE, Helmut

Club: Laufftreff Alteburg Arnstadt
 Number: 394

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M60 (60-64 Jahre)

Total time: 1:38:44

Speed: 10.94 km/h
 Running performance: 5:20 min/km

Rank in course/Total: 94 (of 173)

Rank in course/Men: 88 (of 140)

Best time in course: 1:06:14

Rank in category: 1(of 7)

Best time in the category: 1:38:44

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	9.30	47:30	5:06	1	-	73	15:00	9.30	47:30	5:06	1	-	73	15:00
Control	9.00	50:11	5:34	2	0:37	96	17:09	18.30	1:37:41	5:20	1	-	87	32:09
Finish	0.20	1:03	5:15	3	0:05	106	0:26	18.50	1:38:44	5:20	1	-	88	32:30