



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Baumeyer, Frank

Club: Schleusinger 90
 Number: 496

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:38:54

Speed: 10.92 km/h
 Running performance: 5:21 min/km

Rank in course/Total: 96 (of 173)

Rank in course/Men: 90 (of 140)

Best time in course: 1:06:14

Rank in category: 9(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	47:53	5:08	8	10:17	82	15:23	9.30	47:53	5:08	8	10:17	82	15:23
Control	9.00	50:00	5:33	10	11:15	95	16:58	18.30	1:37:53	5:20	9	21:32	90	32:21
Finish	0.20	1:01	5:04	10	0:12	94	0:24	18.50	1:38:54	5:20	9	21:44	90	32:40