



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Hess, Steffen

Club: Ilmenau
 Number: 454

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:40:08

Speed: 10.79 km/h
 Running performance: 5:25 min/km

Rank in course/Total: 102 (of 173)

Rank in course/Men: 95 (of 140)

Best time in course: 1:06:14

Rank in category: 13(of 17)

Best time in the category: 1:06:14

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	47:48	5:08	13	15:18	80	15:18	9.30	47:48	5:08	13	15:18	80	15:18
Control	9.00	51:18	5:41	13	18:16	103	18:16	18.30	1:39:06	5:24	13	33:34	95	33:34
Finish	0.20	1:02	5:10	15	0:20	100	0:25	18.50	1:40:08	5:24	13	33:54	95	33:54