



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Lips, Markus

Club: Geraberg  
 Number: 522

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M35 (35-39 Jahre)

Total time: 1:40:22

Speed: 10.76 km/h  
 Running performance: 5:26 min/km

Rank in course/Total: 106 (of 173)

Rank in course/Men: 98 (of 140)

Best time in course: 1:06:14

Rank in category: 17(of 21)

Best time in the category: 1:12:56

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	48:19	5:11	17	11:55	87	15:49	9.30	48:19	5:11	17	11:55	87	15:49
Control	9.00	51:03	5:40	17	15:27	101	18:01	18.30	1:39:22	5:25	17	27:12	98	33:50
Finish	0.20	1:00	5:00	15	0:16	84	0:23	18.50	1:40:22	5:25	17	27:26	98	34:08