



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Luc, Ronny

Club: Langewiesen
 Number: 466

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:40:15

Speed: 11.07 km/h
 Running performance: 5:25 min/km

Rank in course/Total: 103 (of 173)

Rank in course/Men: 96 (of 140)

Best time in course: 1:06:14

Rank in category: 10(of 13)

Best time in the category: 1:10:07

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	48:23	5:12	10	13:46	90	15:53	9.30	48:23	5:12	10	13:46	90	15:53
Control	9.00	50:54	5:39	11	16:09	100	17:52	18.30	1:39:17	5:25	10	29:55	96	33:45
Finish	0.20	0:58	4:49	10	0:13	70	0:21	18.50	1:40:15	5:25	10	30:08	96	34:01