



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

GOYMANN, Uwe

Club: Laufftreff Plaue
Number: 384

Course: 18.50 km
Lange Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:40:37

Speed: 11.03 km/h
Running performance: 5:26 min/km

Rank in course/Total: 108 (of 173)

Rank in course/Men: 100 (of 140)

Best time in course: 1:06:14

Rank in category: 10(of 18)

Best time in the category: 1:17:10

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	49:52	5:21	11	12:16	100	17:22	9.30	49:52	5:21	11	12:16	100	17:22
Control	9.00	49:45	5:31	9	11:00	93	16:43	18.30	1:39:37	5:26	10	23:16	100	34:05
Finish	0.20	1:00	5:00	7	0:11	84	0:23	18.50	1:40:37	5:26	10	23:27	100	34:23