



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Silge, Marco

Club: Erfurt
 Number: 462

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:41:49

Speed: 10.61 km/h
 Running performance: 5:30 min/km

Rank in course/Total: 113 (of 173)

Rank in course/Men: 101 (of 140)

Best time in course: 1:06:14

Rank in category: 14(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	48:30	5:12	14	16:00	92	16:00	9.30	48:30	5:12	14	16:00	92	16:00
Control	9.00	52:18	5:48	14	19:16	107	19:16	18.30	1:40:48	5:30	14	35:16	101	35:16
Finish	0.20	1:01	5:04	14	0:19	94	0:24	18.50	1:41:49	5:30	14	35:35	101	35:35