



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

MACHATSCHEK, Frank

Club: ohne
 Number: 412

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:42:10

Speed: 10.86 km/h
 Running performance: 5:31 min/km

Rank in course/Total: 114 (of 173)

Rank in course/Men: 103 (of 140)

Best time in course: 1:06:14

Rank in category: 12(of 18)

Best time in the category: 1:17:10

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	51:05	5:29	13	13:29	111	18:35	9.30	51:05	5:29	13	13:29	111	18:35
Control	9.00	50:11	5:34	11	11:26	96	17:09	18.30	1:41:16	5:32	12	24:55	103	35:44
Finish	0.20	0:54	4:30	3	0:05	52	0:17	18.50	1:42:10	5:31	12	25:00	103	35:56