



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

PRESCHER, Frank

Club: USV Erfurt
Number: 422

Course: 18.50 km
Lange Strecke

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:43:15

Speed: 10.46 km/h
Running performance: 5:35 min/km

Rank in course/Total: 116 (of 173)

Rank in course/Men: 104 (of 140)

Best time in course: 1:06:14

Rank in category: 11(of 13)

Best time in the category: 1:10:07

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	50:01	5:22	11	15:24	103	17:31	9.30	50:01	5:22	11	15:24	103	17:31
Control	9.00	52:16	5:48	12	17:31	106	19:14	18.30	1:42:17	5:35	11	32:55	104	36:45
Finish	0.20	0:58	4:49	10	0:13	70	0:21	18.50	1:43:15	5:34	11	33:08	104	37:01