



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

GUNKEL, Sven

Club: Rehestädt
 Number: 386

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:43:48

Speed: 10.40 km/h
 Running performance: 5:37 min/km

Rank in course/Total: 119 (of 173)

Rank in course/Men: 106 (of 140)

Best time in course: 1:06:14

Rank in category: 21(of 25)

Best time in the category: 1:13:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	50:14	5:24	21	14:36	105	17:44	9.30	50:14	5:24	21	14:36	105	17:44
Control	9.00	52:29	5:49	22	15:40	109	19:27	18.30	1:42:43	5:36	21	30:16	106	37:11
Finish	0.20	1:05	5:24	22	0:28	114	0:28	18.50	1:43:48	5:36	21	30:35	106	37:34