



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Münz, Matthias

Club: Bad Berka
Number: 474

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:44:07

Speed: 10.37 km/h
Running performance: 5:38 min/km

Rank in course/Total: 120 (of 173)

Rank in course/Men: 107 (of 140)

Best time in course: 1:06:14

Rank in category: 16(of 22)

Best time in the category: 1:15:54

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	49:52	5:21	15	12:59	100	17:22	9.30	49:52	5:21	15	12:59	100	17:22
Control	9.00	53:04	5:53	18	14:51	113	20:02	18.30	1:42:56	5:37	16	27:50	107	37:24
Finish	0.20	1:11	5:54	21	0:23	128	0:34	18.50	1:44:07	5:37	16	28:13	107	37:53