



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

KRISCHE, Jakob

Club: Arnstadt
 Number: 405

Course: 18.50 km
 Lange Strecke

Category:
 Männer (20-29 Jahre)

Total time: 1:44:19

Speed: 10.35 km/h
 Running performance: 5:38 min/km

Rank in course/Total: 121 (of 173)

Rank in course/Men: 108 (of 140)

Best time in course: 1:06:14

Rank in category: 8(of 8)

Best time in the category: 1:11:58

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	48:38	5:13	7	13:14	96	16:08	9.30	48:38	5:13	7	13:14	96	16:08
Control	9.00	54:26	6:02	8	18:48	117	21:24	18.30	1:43:04	5:37	8	32:02	108	37:32
Finish	0.20	1:15	6:15	8	0:30	132	0:38	18.50	1:44:19	5:38	8	32:21	108	38:05