



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: 10.64 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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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