



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

LEDER, Daniel

Club: Sägewerk
Number: 410

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:46:06

Speed: 10.18 km/h
Running performance: 5:44 min/km

Rank in course/Total: 128 (of 173)

Rank in course/Men: 112 (of 140)

Best time in course: 1:06:14

Rank in category: 20(of 21)

Best time in the category: 1:12:56

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	51:07	5:29	20	14:43	112	18:37	9.30	51:07	5:29	20	14:43	112	18:37
Control	9.00	54:00	6:00	20	18:24	116	20:58	18.30	1:45:07	5:44	20	32:57	112	39:35
Finish	0.20	0:59	4:54	14	0:15	79	0:22	18.50	1:46:06	5:44	20	33:10	112	39:52