



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

WOLTER, Steffen

Club: 100 Champions für Thüringen e.V.
 Number: 451

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:46:40

Speed: 10.13 km/h
 Running performance: 5:46 min/km

Rank in course/Total: 129 (of 173)

Rank in course/Men: 113 (of 140)

Best time in course: 1:06:14

Rank in category: 18(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 | 52:37 | 5:39 | 20 | 15:44 | 120 | 20:07 | 9.30 | 52:37 | 5:39 | 20 | 15:44 | 120 | 20:07 |
| Control | 9.00 | 53:01 | 5:53 | 17 | 14:48 | 112 | 19:59 | 18.30 | 1:45:38 | 5:46 | 18 | 30:32 | 113 | 40:06 |
| Finish | 0.20 | 1:02 | 5:10 | 14 | 0:14 | 100 | 0:25 | 18.50 | 1:46:40 | 5:45 | 18 | 30:46 | 113 | 40:26 |