



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Adne, Albrecht

Club: GMRLV
 Number: 561

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:46:49

Speed: 10.11 km/h
 Running performance: 5:46 min/km

Rank in course/Total: 130 (of 173)

Rank in course/Men: 114 (of 140)

Best time in course: 1:06:14

Rank in category: 19(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	50:14	5:24	17	13:21	105	17:44	9.30	50:14	5:24	17	13:21	105	17:44
Control	9.00	55:34	6:10	20	17:21	123	22:32	18.30	1:45:48	5:46	19	30:42	114	40:16
Finish	0.20	1:01	5:04	12	0:13	94	0:24	18.50	1:46:49	5:46	19	30:55	114	40:35