



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Hopf, Jochen

Club: Inas Lauftreff
 Number: 539

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:47:21

Speed: 10.06 km/h
 Running performance: 5:48 min/km

Rank in course/Total: 133 (of 173)

Rank in course/Men: 115 (of 140)

Best time in course: 1:06:14

Rank in category: 14(of 18)

Best time in the category: 1:17:10

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	53:20	5:44	14	15:44	122	20:50	9.30	53:20	5:44	14	15:44	122	20:50
Control	9.00	52:56	5:52	14	14:11	111	19:54	18.30	1:46:16	5:48	14	29:55	115	40:44
Finish	0.20	1:05	5:24	15	0:16	114	0:28	18.50	1:47:21	5:48	14	30:11	115	41:07