



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

FLOCK, Thomas

Club: Gebesee
 Number: 374

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:48:02

Speed: 10.00 km/h
 Running performance: 5:50 min/km

Rank in course/Total: 134 (of 173)

Rank in course/Men: 116 (of 140)

Best time in course: 1:06:14

Rank in category: 22(of 25)

Best time in the category: 1:13:13

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	51:24	5:31	23	15:46	116	18:54	9.30	51:24	5:31	23	15:46	116	18:54
Control	9.00	55:24	6:09	23	18:35	121	22:22	18.30	1:46:48	5:50	22	34:21	116	41:16
Finish	0.20	1:14	6:10	24	0:37	131	0:37	18.50	1:48:02	5:50	22	34:49	116	41:48