



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

**FRIEßLEBEN, Holger**

Club: Königsee-Rottenbach  
Number: 379

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:48:35

Speed: 9.95 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 141 (of 173)

Rank in course/Men: 119 (of 140)

Best time in course: 1:06:14

Rank in category: 4(of 7)

Best time in the category: 1:38:44

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	53:37	5:45	5	6:07	124	21:07	9.30	53:37	5:45	5	6:07	124	21:07
Control	9.00	53:54	5:59	3	4:20	115	20:52	18.30	1:47:31	5:52	4	9:50	119	41:59
Finish	0.20	1:04	5:19	4	0:06	112	0:27	18.50	1:48:35	5:52	4	9:51	119	42:21