



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Stöckigt, Werner

Club: Erfurt Nordgymnastik
 Number: 528

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M60 (60-64 Jahre)

Total time: 1:49:51

Speed: 10.10 km/h
 Running performance: 5:56 min/km

Rank in course/Total: 144 (of 173)

Rank in course/Men: 121 (of 140)

Best time in course: 1:06:14

Rank in category: 5(of 7)

Best time in the category: 1:38:44

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	54:05	5:48	7	6:35	126	21:35	9.30	54:05	5:48	7	6:35	126	21:35
Control	9.00	54:36	6:03	4	5:02	118	21:34	18.30	1:48:41	5:56	5	11:00	121	43:09
Finish	0.20	1:10	5:49	7	0:12	124	0:33	18.50	1:49:51	5:56	5	11:07	121	43:37