



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

LESSER, Holger

Club: Erfurt
 Number: 411

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:50:36
 Speed: 9.76 km/h
 Running performance: 5:59 min/km
 Rank in course/Total: 146 (of 173)
 Rank in course/Men: 122 (of 140)
 Best time in course: 1:06:14
 Rank in category: 15(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	54:46	5:53	15	17:10	128	22:16	9.30	54:46	5:53	15	17:10	128	22:16
Control	9.00	54:50	6:05	15	16:05	120	21:48	18.30	1:49:36	5:59	15	33:15	122	44:04
Finish	0.20	1:00	5:00	7	0:11	84	0:23	18.50	1:50:36	5:58	15	33:26	122	44:22