



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Heiter, Denny

Club: Eisenberg
 Number: 505

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:52:33

Speed: 9.86 km/h
 Running performance: 6:05 min/km

Rank in course/Total: 152 (of 173)

Rank in course/Men: 126 (of 140)

Best time in course: 1:06:14

Rank in category: 16(of 17)

Best time in the category: 1:06:14

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	52:17	5:37	15	19:47	119	19:47	9.30	52:17	5:37	15	19:47	119	19:47
Control	9.00	59:16	6:35	16	26:14	129	26:14	18.30	1:51:33	6:05	16	46:01	127	46:01
Finish	0.20	1:00	5:00	13	0:18	84	0:23	18.50	1:52:33	6:05	16	46:19	126	46:19