



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Pfletschinger, Mathias

Club: TSG Schopfheim
 Number: 483

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:52:33

Speed: 9.60 km/h
 Running performance: 6:05 min/km

Rank in course/Total: 153 (of 173)

Rank in course/Men: 126 (of 140)

Best time in course: 1:06:14

Rank in category: 13(of 13)

Best time in the category: 1:10:07

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.
Control	9.30	1:03:15	6:48	13	28:38	136	30:45	9.30	1:03:15	6:48	13	28:38	136	30:45
Control	9.00	48:30	5:23	9	13:45	79	15:28	18.30	1:51:45	6:06	13	42:23	128	46:13
Finish	0.20	0:48	4:00	4	0:03	19	0:11	18.50	1:52:33	6:05	13	42:26	126	46:19