



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Liedtke, Harald

Club: TG Rote Erde Schülm
 Number: 480

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:52:33

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

Rank in course/Total: 154 (of 173)

Rank in course/Men: 126 (of 140)

Best time in course: 1:06:14

Rank in category: 23(of 25)

Best time in the category: 1:13:13

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	24	27:37	136	30:45	9.30	1:03:15	6:48	24	27:37	136	30:45
Control	9.00	48:30	5:23	15	11:41	79	15:28	18.30	1:51:45	6:06	23	39:18	128	46:13
Finish	0.20	0:48	4:00	4	0:11	19	0:11	18.50	1:52:33	6:05	23	39:20	126	46:19