



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Hempel, Matthias

Club: Ultra-Runner-Team.de
 Number: 487

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:53:07

Speed: 9.81 km/h
 Running performance: 6:07 min/km

Rank in course/Total: 156 (of 173)

Rank in course/Men: 130 (of 140)

Best time in course: 1:06:14

Rank in category: 24(of 25)

Best time in the category: 1:13:13

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	51:08	5:29	22	15:30	113	18:38	9.30	51:08	5:29	22	15:30	113	18:38
Control	9.00	1:00:53	6:45	24	24:04	132	27:51	18.30	1:52:01	6:07	24	39:34	130	46:29
Finish	0.20	1:06	5:30	23	0:29	118	0:29	18.50	1:53:07	6:06	24	39:54	130	46:53