



## 14. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 15.04.2017

### Detailed evaluation

Hoffmannbeck, Ralf

Club: Rennsteiglaufverein

Number: 484

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:55:32

Speed: 9.35 km/h

Running performance: 6:15 min/km

Rank in course/Total: 157 (of 173)

Rank in course/Men: 131 (of 140)

Best time in course: 1:06:14

Rank in category: 22(of 22)

Best time in the category: 1:15:54

### 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.	Cat.	Men	Men
Control	9.30	57:02	6:07	22	20:09	129	24:32	9.30	57:02	6:07	22	20:09	129	24:32
Control	9.00	57:27	6:23	21	19:14	128	24:25	18.30	1:54:29	6:15	22	39:23	131	48:57
Finish	0.20	1:03	5:15	16	0:15	106	0:26	18.50	1:55:32	6:14	22	39:38	131	49:18