



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

MOLDENHAUER, Frank

Club: Ilmenau
 Number: 416

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 2:00:47

Speed: 8.94 km/h
 Running performance: 6:32 min/km

Rank in course/Total: 163 (of 173)

Rank in course/Men: 133 (of 140)

Best time in course: 1:06:14

Rank in category: 16(of 18)

Best time in the category: 1:17:10

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	58:14	6:15	17	20:38	132	25:44	9.30	58:14	6:15	17	20:38	132	25:44
Control	9.00	1:01:15	6:48	16	22:30	135	28:13	18.30	1:59:29	6:31	16	43:08	133	53:57
Finish	0.20	1:18	6:30	17	0:29	134	0:41	18.50	2:00:47	6:31	16	43:37	133	54:33