



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Ullrich, Uwe

Club: Erfurt  
 Number: 507

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M55 (55-59 Jahre)

Total time: 2:02:36

Speed: 8.81 km/h  
 Running performance: 6:38 min/km

Rank in course/Total: 166 (of 173)

Rank in course/Men: 135 (of 140)

Best time in course: 1:06:14

Rank in category: 17(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	57:53	6:13	16	20:17	131	25:23	9.30	57:53	6:13	16	20:17	131	25:23
Control	9.00	1:03:30	7:03	17	24:45	136	30:28	18.30	2:01:23	6:37	17	45:02	135	55:51
Finish	0.20	1:13	6:04	16	0:24	129	0:36	18.50	2:02:36	6:37	17	45:26	135	56:22