



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: 9.05 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	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	57:53	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