



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Berndt, Roland

Club: Erfurt
 Number: 464

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M65 (65-69 Jahre)

Total time: 2:03:01

Speed: 9.02 km/h
 Running performance: 6:39 min/km

Rank in course/Total: 167 (of 173)

Rank in course/Men: 136 (of 140)

Best time in course: 1:06:14

Rank in category: 3(of 3)

Best time in the category: 1:30:48

| 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 | 1:00:49 | 6:32 | 3 | 15:48 | 135 | 28:19 | 9.30 | 1:00:49 | 6:32 | 3 | 15:48 | 135 | 28:19 |
| Control | 9.00 | 1:01:02 | 6:46 | 3 | 16:11 | 133 | 28:00 | 18.30 | 2:01:51 | 6:39 | 3 | 31:59 | 136 | 56:19 |
| Finish | 0.20 | 1:10 | 5:49 | 3 | 0:14 | 124 | 0:33 | 18.50 | 2:03:01 | 6:38 | 3 | 32:13 | 136 | 56:47 |