



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: 8.78 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.	Stage score		Total ranking						
						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