



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

STEPHAN, Hartmut

Club: Ilmenau
 Number: 443

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M75 (75 bis 79 Jahre)

Total time: 2:04:14

Speed: 8.69 km/h
 Running performance: 6:43 min/km

Rank in course/Total: 168 (of 173)

Rank in course/Men: 137 (of 140)

Best time in course: 1:06:14

Rank in category: 1(of 2)

Best time in the category: 2:04:14

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	57:45	6:12	1	-	130	25:15	9.30	57:45	6:12	1	-	130	25:15
Control	9.00	1:05:03	7:13	1	-	137	32:01	18.30	2:02:48	6:42	1	-	137	57:16
Finish	0.20	1:26	7:09	1	-	136	0:49	18.50	2:04:14	6:42	1	-	137	58:00