



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

FREITAG, Roman

Club: Eisenacher Leichtathletikverein
 Number: 375

Course: 18.50 km
 Lange Strecke

Category:
 männliche Jugend U18 (16-17 Jahre)

Total time: 1:06:50

Speed: 16.61 km/h
 Running performance: 3:37 min/km

Rank in course/Total: 1 (of 144)

Rank in course/Men: 1 (of 118)

Best time in course: 1:06:50

Rank in category: 1(of 2)

Best time in the category: 1:06:50

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
Runde	9.30	32:59	3:32	1	-	1	-	9.30	32:59	3:32	1	-	1	-
Runde	9.00	33:14	3:41	1	-	1	-	18.30	1:06:13	3:37	1	-	1	-
Finish	0.20	0:37	3:05	1	-	2	0:02	18.50	1:06:50	3:36	1	-	1	-