



15. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Schulz, Sören

Club: Laufteam Erfurt  
 Number: 455

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M35 (35-39 Jahre)

Total time: 1:10:36

Speed: 15.30 km/h  
 Running performance: 3:49 min/km

Rank in course/Total: 4 (of 144)

Rank in course/Men: 4 (of 118)

Best time in course: 1:06:50

Rank in category: 1(of 16)

Best time in the category: 1:10:36

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
Runde	9.30	34:15	3:40	1	-	4	1:16	9.30	34:15	3:40	1	-	4	1:16
Runde	9.00	35:39	3:57	1	-	5	2:25	18.30	1:09:54	3:49	1	-	4	3:41
Finish	0.20	0:42	3:29	1	-	12	0:07	18.50	1:10:36	3:48	1	-	4	3:46