



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

FREITAG, Roman

Club: Katholische Laufjugend Arnstadt
 Number: 376

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:11:05

Speed: 15.19 km/h
 Running performance: 3:50 min/km

Rank in course/Total: 5 (of 144)

Rank in course/Men: 5 (of 118)

Best time in course: 1:06:50

Rank in category: 2(of 13)

Best time in the category: 1:09:17

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	34:51	3:44	2	0:55	5	1:52	9.30	34:51	3:44	2	0:55	5	1:52
Runde	9.00	35:37	3:57	2	0:54	4	2:23	18.30	1:10:28	3:51	2	1:49	5	4:15
Finish	0.20	0:37	3:05	1	-	2	0:02	18.50	1:11:05	3:50	2	1:48	5	4:15