



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Keiling, Hendrik

Club: SC Implus
 Number: 496

Course: 18.50 km
 Lange Strecke

Category:
 Männer (20-29 Jahre)

Total time: 1:13:29

Speed: 14.70 km/h
 Running performance: 3:58 min/km

Rank in course/Total: 6 (of 144)

Rank in course/Men: 6 (of 118)

Best time in course: 1:06:50

Rank in category: 2(of 12)

Best time in the category: 1:08:12

Control	Intermediate times				Stage score				Total ranking					
	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	36:38	3:56	2	3:00	9	3:39	9.30	36:38	3:56	2	3:00	9	3:39
Runde	9.00	36:08	4:00	2	2:17	6	2:54	18.30	1:12:46	3:58	2	5:17	6	6:33
Finish	0.20	0:43	3:34	4	0:04	14	0:08	18.50	1:13:29	3:58	2	5:17	6	6:39