



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Ernst, Marcel

Club: Kieselbach
 Number: 497

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:14:29

Speed: 14.50 km/h
 Running performance: 4:02 min/km

Rank in course/Total: 8 (of 144)

Rank in course/Men: 8 (of 118)

Best time in course: 1:06:50

Rank in category: 3(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.	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	36:36	3:56	3	2:40	7	3:37	9.30	36:36	3:56	3	2:40	7	3:37
Runde	9.00	37:12	4:08	3	2:29	7	3:58	18.30	1:13:48	4:01	3	5:09	8	7:35
Finish	0.20	0:41	3:24	3	0:04	11	0:06	18.50	1:14:29	4:01	3	5:12	8	7:39