



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Warweg, Jannis

Club: PFC Ilmenau
 Number: 450

Course: 18.50 km
 Lange Strecke

Category:
 Männer (20-29 Jahre)

Total time: 1:16:18

Speed: 14.55 km/h
 Running performance: 4:07 min/km

Rank in course/Total: 10 (of 144)

Rank in course/Men: 10 (of 118)

Best time in course: 1:06:50

Rank in category: 3(of 12)

Best time in the category: 1:08:12

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	37:16	4:00	3	3:38	10	4:17	9.30	37:16	4:00	3	3:38	10	4:17
Runde	9.00	38:22	4:15	4	4:31	12	5:08	18.30	1:15:38	4:07	3	8:09	10	9:25
Finish	0.20	0:40	3:19	2	0:01	8	0:05	18.50	1:16:18	4:07	3	8:06	10	9:28