



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

SCHÖNBORN, Frank

Club: Lauffreunde Gotha
Number: 441

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:16:42

Speed: 14.47 km/h
Running performance: 4:09 min/km

Rank in course/Total: 11 (of 144)

Rank in course/Men: 11 (of 118)

Best time in course: 1:06:50

Rank in category: 2(of 18)

Best time in the category: 1:13:42

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	37:39	4:02	2	2:02	11	4:40	9.30	37:39	4:02	2	2:02	11	4:40
Runde	9.00	38:15	4:15	2	0:53	11	5:01	18.30	1:15:54	4:08	2	2:55	11	9:41
Finish	0.20	0:48	4:00	4	0:05	35	0:13	18.50	1:16:42	4:08	2	3:00	11	9:52