



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

HALBEDEL, Sven

Club: VLG 1991 Magdeburg
 Number: 385

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:20:22

Speed: 13.81 km/h
 Running performance: 4:20 min/km

Rank in course/Total: 15 (of 144)

Rank in course/Men: 15 (of 118)

Best time in course: 1:06:50

Rank in category: 2(of 18)

Best time in the category: 1:14:46

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	39:20	4:13	2	2:44	14	6:21	9.30	39:20	4:13	2	2:44	14	6:21
Runde	9.00	40:22	4:29	2	2:58	17	7:08	18.30	1:19:42	4:21	2	5:42	15	13:29
Finish	0.20	0:40	3:19	2	0:05	8	0:05	18.50	1:20:22	4:20	2	5:36	15	13:32