



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

HERRMANN, Maik

Club: sc impuls erfurt
 Number: 393

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:21:04
 Speed: 13.69 km/h
 Running performance: 4:23 min/km
 Rank in course/Total: 16 (of 144)
 Rank in course/Men: 16 (of 118)
 Best time in course: 1:06:50
 Rank in category: 3(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	40:06	4:18	3	3:30	18	7:07	9.30	40:06	4:18	3	3:30	18	7:07
Runde	9.00	40:23	4:29	3	2:59	18	7:09	18.30	1:20:29	4:23	3	6:29	16	14:16
Finish	0.20	0:35	2:54	1	-	1	-	18.50	1:21:04	4:22	3	6:18	16	14:14