



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Schiffhauer, Mario

Club: SV 1930 Frauensee
 Number: 464

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:21:17

Speed: 13.29 km/h
 Running performance: 4:23 min/km

Rank in course/Total: 18 (of 144)

Rank in course/Men: 18 (of 118)

Best time in course: 1:06:50

Rank in category: 3(of 22)

Best time in the category: 1:19:41

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	39:58	4:17	4	0:44	17	6:59	9.30	39:58	4:17	4	0:44	17	6:59
Runde	9.00	40:36	4:30	3	0:51	19	7:22	18.30	1:20:34	4:24	3	1:35	18	14:21
Finish	0.20	0:43	3:34	3	0:06	14	0:08	18.50	1:21:17	4:23	3	1:36	18	14:27