



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Spantig, Thomas

Club: WSV Ilmenau
Number: 472

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:21:21

Speed: 13.28 km/h
Running performance: 4:24 min/km

Rank in course/Total: 19 (of 144)

Rank in course/Men: 19 (of 118)

Best time in course: 1:06:50

Rank in category: 4(of 22)

Best time in the category: 1:19:41

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	39:39	4:15	2	0:25	15	6:40	9.30	39:39	4:15	2	0:25	15	6:40
Runde	9.00	40:57	4:33	4	1:12	20	7:43	18.30	1:20:36	4:24	4	1:37	19	14:23
Finish	0.20	0:45	3:45	4	0:08	21	0:10	18.50	1:21:21	4:23	4	1:40	19	14:31