



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

MÜNCH, Heiko

Club: sc impuls erfurt  
Number: 420

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:23:18

Speed: 13.33 km/h  
Running performance: 4:30 min/km

Rank in course/Total: 20 (of 144)

Rank in course/Men: 20 (of 118)

Best time in course: 1:06:50

Rank in category: 5(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	40:13	4:19	5	0:59	19	7:14	9.30	40:13	4:19	5	0:59	19	7:14
Runde	9.00	42:17	4:41	5	2:32	29	9:03	18.30	1:22:30	4:30	5	3:31	20	16:17
Finish	0.20	0:48	4:00	7	0:11	35	0:13	18.50	1:23:18	4:30	5	3:37	20	16:28