



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Pitschmann, Peter

Club: Lg-Frauenwald
 Number: 473

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:23:43

Speed: 13.26 km/h
 Running performance: 4:32 min/km

Rank in course/Total: 21 (of 144)

Rank in course/Men: 21 (of 118)

Best time in course: 1:06:50

Rank in category: 3(of 18)

Best time in the category: 1:13:42

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	41:23	4:26	4	5:46	23	8:24	9.30	41:23	4:26	4	5:46	23	8:24
Runde	9.00	41:33	4:36	3	4:11	22	8:19	18.30	1:22:56	4:31	3	9:57	21	16:43
Finish	0.20	0:47	3:54	2	0:04	32	0:12	18.50	1:23:43	4:31	3	10:01	21	16:53