



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Kammlere, Ronald

Club: Klingser SV
 Number: 454

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:24:54

Speed: 13.07 km/h
 Running performance: 4:35 min/km

Rank in course/Total: 23 (of 144)

Rank in course/Men: 23 (of 118)

Best time in course: 1:06:50

Rank in category: 4(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	40:22	4:20	3	4:45	20	7:23	9.30	40:22	4:20	3	4:45	20	7:23
Runde	9.00	43:44	4:51	5	6:22	39	10:30	18.30	1:24:06	4:35	4	11:07	23	17:53
Finish	0.20	0:48	4:00	4	0:05	35	0:13	18.50	1:24:54	4:35	4	11:12	23	18:04