



15. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Stefan, Hantscher

Club: ultraranner-team.de  
 Number: 494

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M45 (45-49 Jahre)

Total time: 1:25:08

Speed: 12.69 km/h  
 Running performance: 4:36 min/km

Rank in course/Total: 25 (of 144)

Rank in course/Men: 24 (of 118)

Best time in course: 1:06:50

Rank in category: 5(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	42:15	4:32	5	6:38	26	9:16	9.30	42:15	4:32	5	6:38	26	9:16
Runde	9.00	42:02	4:40	4	4:40	24	8:48	18.30	1:24:17	4:36	5	11:18	24	18:04
Finish	0.20	0:51	4:15	8	0:08	54	0:16	18.50	1:25:08	4:36	5	11:26	24	18:18