



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      |