



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Kreuzberger, Gunther

Club: Ilmenau
 Number: 486

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:25:39

Speed: 12.96 km/h
 Running performance: 4:38 min/km

Rank in course/Total: 28 (of 144)

Rank in course/Men: 27 (of 118)

Best time in course: 1:06:50

Rank in category: 6(of 22)

Best time in the category: 1:19:41

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	42:29	4:34	7	3:15	29	9:30	9.30	42:29	4:34	7	3:15	29	9:30
Runde	9.00	42:33	4:43	6	2:48	32	9:19	18.30	1:25:02	4:38	7	6:03	28	18:49
Finish	0.20	0:37	3:05	1	-	2	0:02	18.50	1:25:39	4:37	6	5:58	27	18:49