



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

BASTIAN, Dieter

Club: DJK SC Vorra
Number: 351

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:25:43

Speed: 12.95 km/h
Running performance: 4:38 min/km

Rank in course/Total: 29 (of 144)

Rank in course/Men: 28 (of 118)

Best time in course: 1:06:50

Rank in category: 7(of 22)

Best time in the category: 1:19:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	41:57	4:30	6	2:43	24	8:58	9.30	41:57	4:30	6	2:43	24	8:58
Runde	9.00	42:58	4:46	7	3:13	35	9:44	18.30	1:24:55	4:38	6	5:56	27	18:42
Finish	0.20	0:48	4:00	7	0:11	35	0:13	18.50	1:25:43	4:38	7	6:02	28	18:53