



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Ulrich, Mathias

Club: Kösching
 Number: 458

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:25:57

Speed: 12.57 km/h
 Running performance: 4:39 min/km

Rank in course/Total: 30 (of 144)

Rank in course/Men: 29 (of 118)

Best time in course: 1:06:50

Rank in category: 4(of 18)

Best time in the category: 1:14:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	42:08	4:31	4	5:32	25	9:09	9.30	42:08	4:31	4	5:32	25	9:09
Runde	9.00	43:03	4:46	5	5:39	38	9:49	18.30	1:25:11	4:39	4	11:11	29	18:58
Finish	0.20	0:46	3:50	4	0:11	23	0:11	18.50	1:25:57	4:38	4	11:11	29	19:07