



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

FRITSCH, Steve

Club: WalschbergRunners
Number: 377

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:26:04

Speed: 12.55 km/h
Running performance: 4:39 min/km

Rank in course/Total: 31 (of 144)

Rank in course/Men: 30 (of 118)

Best time in course: 1:06:50

Rank in category: 4(of 16)

Best time in the category: 1:10:36

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	43:06	4:38	4	8:51	33	10:07	9.30	43:06	4:38	4	8:51	33	10:07
Runde	9.00	42:12	4:41	4	6:33	28	8:58	18.30	1:25:18	4:39	4	15:24	30	19:05
Finish	0.20	0:46	3:50	3	0:04	23	0:11	18.50	1:26:04	4:39	4	15:28	30	19:14