



15. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

**BRUNSCH, Mario**

Club: Chaosteam  
 Number: 364

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M40 (40-44 Jahre)

Total time: 1:26:30

Speed: 12.83 km/h  
 Running performance: 4:41 min/km

Rank in course/Total: 32 (of 144)

Rank in course/Men: 31 (of 118)

Best time in course: 1:06:50

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	42:52	4:36	5	6:16	30	9:53	9.30	42:52	4:36	5	6:16	30	9:53
Runde	9.00	42:50	4:45	4	5:26	34	9:36	18.30	1:25:42	4:40	5	11:42	31	19:29
Finish	0.20	0:48	4:00	7	0:13	35	0:13	18.50	1:26:30	4:40	5	11:44	31	19:40