



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

KERST, Alexander

Club: WalschbergRunners
 Number: 402

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:26:56

Speed: 12.42 km/h
 Running performance: 4:42 min/km

Rank in course/Total: 34 (of 144)

Rank in course/Men: 32 (of 118)

Best time in course: 1:06:50

Rank in category: 5(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	43:11	4:38	5	8:56	34	10:12	9.30	43:11	4:38	5	8:56	34	10:12
Runde	9.00	42:59	4:46	6	7:20	36	9:45	18.30	1:26:10	4:42	5	16:16	32	19:57
Finish	0.20	0:46	3:50	3	0:04	23	0:11	18.50	1:26:56	4:41	5	16:20	32	20:06