



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

GREINER, Mario

Club: N3 Sportverein e.V.
Number: 380

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:27:06

Speed: 12.74 km/h
Running performance: 4:43 min/km

Rank in course/Total: 35 (of 144)

Rank in course/Men: 34 (of 118)

Best time in course: 1:06:50

Rank in category: 6(of 16)

Best time in the category: 1:10:36

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	44:02	4:44	6	9:47	39	11:03	9.30	44:02	4:44	6	9:47	39	11:03
Runde	9.00	42:18	4:41	5	6:39	30	9:04	18.30	1:26:20	4:43	6	16:26	34	20:07
Finish	0.20	0:46	3:50	3	0:04	23	0:11	18.50	1:27:06	4:42	6	16:30	34	20:16