



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Krämer, Bernhard

Club: Running Gerhards
Number: 477

Course: 18.50 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:27:32

Speed: 12.68 km/h
Running performance: 4:44 min/km

Rank in course/Total: 37 (of 144)

Rank in course/Men: 35 (of 118)

Best time in course: 1:06:50

Rank in category: 4(of 13)

Best time in the category: 1:09:17

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	44:32	4:47	6	10:36	43	11:33	9.30	44:32	4:47	6	10:36	43	11:33
Runde	9.00	42:10	4:41	6	7:27	26	8:56	18.30	1:26:42	4:44	4	18:03	35	20:29
Finish	0.20	0:50	4:10	7	0:13	49	0:15	18.50	1:27:32	4:43	4	18:15	35	20:42