



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

LAMPRECHT, Stephan

Club: Jena
 Number: 409

Course: 18.50 km
 Lange Strecke

Category:
 Männer (20-29 Jahre)

Total time: 1:27:54

Speed: 12.63 km/h
 Running performance: 4:45 min/km

Rank in course/Total: 39 (of 144)

Rank in course/Men: 38 (of 118)

Best time in course: 1:06:50

Rank in category: 6(of 12)

Best time in the category: 1:08:12

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	44:19	4:45	6	10:41	41	11:20	9.30	44:19	4:45	6	10:41	41	11:20
Runde	9.00	42:44	4:44	6	8:53	33	9:30	18.30	1:27:03	4:45	6	19:34	38	20:50
Finish	0.20	0:51	4:15	8	0:12	54	0:16	18.50	1:27:54	4:45	6	19:42	38	21:04