



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Rose, Marcel

Club: Running Gerhards
Number: 479

Course: 18.50 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:28:29

Speed: 12.54 km/h
Running performance: 4:47 min/km

Rank in course/Total: 41 (of 144)

Rank in course/Men: 40 (of 118)

Best time in course: 1:06:50

Rank in category: 7(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	45:39	4:54	8	11:43	54	12:40	9.30	45:39	4:54	8	11:43	54	12:40
Runde	9.00	41:51	4:39	5	7:08	23	8:37	18.30	1:27:30	4:46	7	18:51	39	21:17
Finish	0.20	0:59	4:54	13	0:22	89	0:24	18.50	1:28:29	4:46	7	19:12	40	21:39