



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Rosenberger, Marcel

Club: LG Frauenwald
 Number: 487

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:28:51

Speed: 12.49 km/h
 Running performance: 4:48 min/km

Rank in course/Total: 42 (of 144)

Rank in course/Men: 41 (of 118)

Best time in course: 1:06:50

Rank in category: 6(of 18)

Best time in the category: 1:14:46

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	43:59	4:43	6	7:23	38	11:00	9.30	43:59	4:43	6	7:23	38	11:00
Runde	9.00	44:03	4:53	6	6:39	40	10:49	18.30	1:28:02	4:48	6	14:02	42	21:49
Finish	0.20	0:49	4:04	8	0:14	44	0:14	18.50	1:28:51	4:48	6	14:05	41	22:01