



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

SCHMIDT, Thomas

Club: SV Ilmtal Manebach
 Number: 439

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:28:51

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

Rank in course/Total: 43 (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: 1:13:42

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	42:54	4:36	6	7:17	31	9:55	9.30	42:54	4:36	6	7:17	31	9:55
Runde	9.00	44:53	4:59	8	7:31	47	11:39	18.30	1:27:47	4:47	6	14:48	41	21:34
Finish	0.20	1:04	5:19	15	0:21	105	0:29	18.50	1:28:51	4:48	6	15:09	41	22:01