



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Fiedler, Silvio

Club: Lauffreund.de
 Number: 467

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:28:57

Speed: 12.14 km/h
 Running performance: 4:49 min/km

Rank in course/Total: 44 (of 144)

Rank in course/Men: 43 (of 118)

Best time in course: 1:06:50

Rank in category: 7(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	43:46	4:42	7	8:09	37	10:47	9.30	43:46	4:42	7	8:09	37	10:47
Runde	9.00	44:24	4:56	6	7:02	43	11:10	18.30	1:28:10	4:49	7	15:11	43	21:57
Finish	0.20	0:47	3:54	2	0:04	32	0:12	18.50	1:28:57	4:48	7	15:15	43	22:07