



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

LOHRENGEL, Christian

Club: Elgersburg
 Number: 413

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:30:33

Speed: 11.93 km/h
 Running performance: 4:53 min/km

Rank in course/Total: 48 (of 144)

Rank in course/Men: 46 (of 118)

Best time in course: 1:06:50

Rank in category: 9(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	43:19	4:39	5	9:23	36	10:20	9.30	43:19	4:39	5	9:23	36	10:20
Runde	9.00	46:25	5:09	9	11:42	57	13:11	18.30	1:29:44	4:54	9	21:05	46	23:31
Finish	0.20	0:49	4:04	6	0:12	44	0:14	18.50	1:30:33	4:53	9	21:16	46	23:43