



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

DALBERT, Frank

Club: Chaosteam
Number: 366

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:30:54

Speed: 11.88 km/h
Running performance: 4:55 min/km

Rank in course/Total: 49 (of 144)

Rank in course/Men: 47 (of 118)

Best time in course: 1:06:50

Rank in category: 10(of 22)

Best time in the category: 1:19:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	45:04	4:50	10	5:50	47	12:05	9.30	45:04	4:50	10	5:50	47	12:05
Runde	9.00	44:58	4:59	11	5:13	48	11:44	18.30	1:30:02	4:55	10	11:03	47	23:49
Finish	0.20	0:52	4:19	10	0:15	60	0:17	18.50	1:30:54	4:54	10	11:13	47	24:04