



15. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

SCHMIDT, Uwe

Club: GMRLV
Number: 440

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:31:00

Speed: 11.87 km/h
Running performance: 4:55 min/km

Rank in course/Total: 50 (of 144)

Rank in course/Men: 48 (of 118)

Best time in course: 1:06:50

Rank in category: 11(of 22)

Best time in the category: 1:19:41

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	45:46	4:55	12	6:32	56	12:47	9.30	45:46	4:55	12	6:32	56	12:47
Runde	9.00	44:23	4:55	9	4:38	42	11:09	18.30	1:30:09	4:55	11	11:10	48	23:56
Finish	0.20	0:51	4:15	9	0:14	54	0:16	18.50	1:31:00	4:55	11	11:19	48	24:10