



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Hollano, Stephan

Club: KTA Suhl
Number: 491

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:31:56

Speed: 12.07 km/h
Running performance: 4:58 min/km

Rank in course/Total: 52 (of 144)

Rank in course/Men: 49 (of 118)

Best time in course: 1:06:50

Rank in category: 8(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	46:32	5:00	11	10:55	63	13:33	9.30	46:32	5:00	11	10:55	63	13:33
Runde	9.00	44:35	4:57	7	7:13	45	11:21	18.30	1:31:07	4:58	8	18:08	49	24:54
Finish	0.20	0:49	4:04	6	0:06	44	0:14	18.50	1:31:56	4:58	8	18:14	49	25:06