



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Albrecht, Stefan

Club: SV Lauffeuer Fröttelstädt
Number: 498

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:32:11

Speed: 12.04 km/h
Running performance: 4:59 min/km

Rank in course/Total: 53 (of 144)

Rank in course/Men: 50 (of 118)

Best time in course: 1:06:50

Rank in category: 12(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 | 45:11 | 4:51 | 11 | 5:57 | 49 | 12:12 | 9.30 | 45:11 | 4:51 | 11 | 5:57 | 49 | 12:12 |
| Runde | 9.00 | 46:07 | 5:07 | 12 | 6:22 | 54 | 12:53 | 18.30 | 1:31:18 | 4:59 | 12 | 12:19 | 50 | 25:05 |
| Finish | 0.20 | 0:53 | 4:24 | 11 | 0:16 | 64 | 0:18 | 18.50 | 1:32:11 | 4:58 | 12 | 12:30 | 50 | 25:21 |