



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: 11.72 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