



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

SCHMIDT, Jan

Club: TC Suhl
 Number: 438

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:32:15

Speed: 11.71 km/h
 Running performance: 4:59 min/km

Rank in course/Total: 54 (of 144)

Rank in course/Men: 51 (of 118)

Best time in course: 1:06:50

Rank in category: 9(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	44:09	4:44	8	8:32	40	11:10	9.30	44:09	4:44	8	8:32	40	11:10
Runde	9.00	47:09	5:14	11	9:47	66	13:55	18.30	1:31:18	4:59	9	18:19	50	25:05
Finish	0.20	0:57	4:44	11	0:14	80	0:22	18.50	1:32:15	4:59	9	18:33	51	25:25