



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

GERHARDT, Tom

Club: USC Freiburg
 Number: 378

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:32:21

Speed: 12.02 km/h
 Running performance: 4:59 min/km

Rank in course/Total: 55 (of 144)

Rank in course/Men: 52 (of 118)

Best time in course: 1:06:50

Rank in category: 7(of 18)

Best time in the category: 1:14:46

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	47:22	5:05	10	10:46	70	14:23	9.30	47:22	5:05	10	10:46	70	14:23
Runde	9.00	44:16	4:55	7	6:52	41	11:02	18.30	1:31:38	5:00	7	17:38	53	25:25
Finish	0.20	0:43	3:34	3	0:08	14	0:08	18.50	1:32:21	4:59	7	17:35	52	25:31