



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Zeiger, Thomas

Club: Arnstadt
 Number: 480

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:32:33

Speed: 11.99 km/h
 Running performance: 5:00 min/km

Rank in course/Total: 57 (of 144)

Rank in course/Men: 53 (of 118)

Best time in course: 1:06:50

Rank in category: 10(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	46:14	4:58	10	10:37	60	13:15	9.30	46:14	4:58	10	10:37	60	13:15
Runde	9.00	45:21	5:02	9	7:59	50	12:07	18.30	1:31:35	5:00	10	18:36	52	25:22
Finish	0.20	0:58	4:49	12	0:15	84	0:23	18.50	1:32:33	5:00	10	18:51	53	25:43