



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

HENGELHAUPT, Thorsten

Club: VfB TORPEDO Ichtershausen
Number: 392

Course: 18.50 km
Lange Strecke

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:32:54

Speed: 11.63 km/h
Running performance: 5:01 min/km

Rank in course/Total: 59 (of 144)

Rank in course/Men: 55 (of 118)

Best time in course: 1:06:50

Rank in category: 8(of 18)

Best time in the category: 1:14:46

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	45:52	4:55	8	9:16	58	12:53	9.30	45:52	4:55	8	9:16	58	12:53
Runde	9.00	46:15	5:08	10	8:51	55	13:01	18.30	1:32:07	5:02	8	18:07	56	25:54
Finish	0.20	0:47	3:54	6	0:12	32	0:12	18.50	1:32:54	5:01	8	18:08	55	26:04