



15. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Weiß, Michael

Club: Schmiedefeld

Number: 471

Course: 18.50 km

Lange Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:32:54

Speed: 11.63 km/h

Running performance: 5:01 min/km

Rank in course/Total: 60 (of 144)

Rank in course/Men: 55 (of 118)

Best time in course: 1:06:50

Rank in category: 8(of 16)

Best time in the category: 1:10:36

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	45:48	4:55	10	11:33	57	12:49	9.30	45:48	4:55	10	11:33	57	12:49
Runde	9.00	46:18	5:08	8	10:39	56	13:04	18.30	1:32:06	5:01	8	22:12	55	25:53
Finish	0.20	0:48	4:00	7	0:06	35	0:13	18.50	1:32:54	5:01	8	22:18	55	26:04