



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

LUDERER, Mathias

Club: Hemmingen
 Number: 414

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:33:07

Speed: 11.60 km/h
 Running performance: 5:02 min/km

Rank in course/Total: 61 (of 144)

Rank in course/Men: 57 (of 118)

Best time in course: 1:06:50

Rank in category: 10(of 13)

Best time in the category: 1:09:17

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	46:17	4:58	10	12:21	62	13:18	9.30	46:17	4:58	10	12:21	62	13:18
Runde	9.00	45:57	5:06	8	11:14	52	12:43	18.30	1:32:14	5:02	10	23:35	57	26:01
Finish	0.20	0:53	4:24	10	0:16	64	0:18	18.50	1:33:07	5:01	10	23:50	57	26:17