



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Ebert, Christian

Club: Lauffreund.de
 Number: 466

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:33:29

Speed: 11.87 km/h
 Running performance: 5:03 min/km

Rank in course/Total: 62 (of 144)

Rank in course/Men: 58 (of 118)

Best time in course: 1:06:50

Rank in category: 11(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	45:33	4:53	9	9:56	52	12:34	9.30	45:33	4:53	9	9:56	52	12:34
Runde	9.00	47:04	5:13	10	9:42	65	13:50	18.30	1:32:37	5:03	11	19:38	58	26:24
Finish	0.20	0:52	4:19	9	0:09	60	0:17	18.50	1:33:29	5:03	11	19:47	58	26:39