



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Warweg, Oliver

Club: PFC Ilmenau
 Number: 451

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:33:33

Speed: 11.54 km/h
 Running performance: 5:04 min/km

Rank in course/Total: 63 (of 144)

Rank in course/Men: 59 (of 118)

Best time in course: 1:06:50

Rank in category: 9(of 18)

Best time in the category: 1:14:46

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	47:31	5:06	11	10:55	71	14:32	9.30	47:31	5:06	11	10:55	71	14:32
Runde	9.00	45:11	5:01	8	7:47	49	11:57	18.30	1:32:42	5:03	9	18:42	59	26:29
Finish	0.20	0:51	4:15	11	0:16	54	0:16	18.50	1:33:33	5:03	9	18:47	59	26:43