



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

ROTH, Andreas

Club: LG Brechen
 Number: 430

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:34:16

Speed: 11.46 km/h
 Running performance: 5:06 min/km

Rank in course/Total: 66 (of 144)

Rank in course/Men: 62 (of 118)

Best time in course: 1:06:50

Rank in category: 14(of 22)

Best time in the category: 1:19:41

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	46:32	5:00	13	7:18	63	13:33	9.30	46:32	5:00	13	7:18	63	13:33
Runde	9.00	46:49	5:12	15	7:04	63	13:35	18.30	1:33:21	5:06	14	14:22	62	27:08
Finish	0.20	0:55	4:34	15	0:18	75	0:20	18.50	1:34:16	5:05	14	14:35	62	27:26