



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

BERLT, André

Club: FSV Martinroda
Number: 359

Course: 18.50 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:34:30

Speed: 11.75 km/h
Running performance: 5:07 min/km

Rank in course/Total: 67 (of 144)

Rank in course/Men: 63 (of 118)

Best time in course: 1:06:50

Rank in category: 11(of 13)

Best time in the category: 1:09:17

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	46:59	5:03	11	13:03	67	14:00	9.30	46:59	5:03	11	13:03	67	14:00
Runde	9.00	46:45	5:11	12	12:02	62	13:31	18.30	1:33:44	5:07	11	25:05	64	27:31
Finish	0.20	0:46	3:50	4	0:09	23	0:11	18.50	1:34:30	5:06	11	25:13	63	27:40