



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Krauss, Sebastian

Club: GMRLV
 Number: 476

Course: 18.50 km
 Lange Strecke

Category:
 Männer (20-29 Jahre)

Total time: 1:34:37

Speed: 11.41 km/h
 Running performance: 5:07 min/km

Rank in course/Total: 69 (of 144)

Rank in course/Men: 65 (of 118)

Best time in course: 1:06:50

Rank in category: 7(of 12)

Best time in the category: 1:08:12

Control	Intermediate times					Stage score				Total ranking					
	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	46:16	4:58	8	12:38	61	13:17	9.30	46:16	4:58	8	12:38	61	13:17	
Runde	9.00	47:30	5:16	8	13:39	69	14:16	18.30	1:33:46	5:07	7	26:17	65	27:33	
Finish	0.20	0:51	4:15	8	0:12	54	0:16	18.50	1:34:37	5:06	7	26:25	65	27:47	