



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

ENDERS, Benjamin

Club: WSV Ilmenau Alpine
Number: 369

Course: 18.50 km
Lange Strecke

Category:
Männer (20-29 Jahre)

Total time: 1:34:45

Speed: 11.40 km/h
Running performance: 5:07 min/km

Rank in course/Total: 71 (of 144)

Rank in course/Men: 67 (of 118)

Best time in course: 1:06:50

Rank in category: 9(of 12)

Best time in the category: 1:08:12

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	48:00	5:09	9	14:22	75	15:01	9.30	48:00	5:09	9	14:22	75	15:01
Runde	9.00	46:05	5:07	7	12:14	53	12:51	18.30	1:34:05	5:08	9	26:36	68	27:52
Finish	0.20	0:40	3:19	2	0:01	8	0:05	18.50	1:34:45	5:07	9	26:33	67	27:55