



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

SCHÄFER, Christoph

Club: 1. HCV
 Number: 434

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:34:54

Speed: 11.70 km/h
 Running performance: 5:08 min/km

Rank in course/Total: 72 (of 144)

Rank in course/Men: 68 (of 118)

Best time in course: 1:06:50

Rank in category: 12(of 13)

Best time in the category: 1:09:17

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	46:59	5:03	11	13:03	67	14:00	9.30	46:59	5:03	11	13:03	67	14:00
Runde	9.00	46:57	5:13	13	12:14	64	13:43	18.30	1:33:56	5:07	12	25:17	67	27:43
Finish	0.20	0:58	4:49	12	0:21	84	0:23	18.50	1:34:54	5:07	12	25:37	68	28:04