



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

KUPFER, Jörg

Club: Lauffreunde Gotha
 Number: 408

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:35:14

Speed: 11.34 km/h
 Running performance: 5:09 min/km

Rank in course/Total: 73 (of 144)

Rank in course/Men: 69 (of 118)

Best time in course: 1:06:50

Rank in category: 15(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	47:52	5:08	15	8:38	74	14:53	9.30	47:52	5:08	15	8:38	74	14:53
Runde	9.00	46:29	5:09	13	6:44	58	13:15	18.30	1:34:21	5:09	15	15:22	69	28:08
Finish	0.20	0:53	4:24	11	0:16	64	0:18	18.50	1:35:14	5:08	15	15:33	69	28:24