



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Bilek, Marcel

Club: Gotha
 Number: 500

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:35:25

Speed: 11.32 km/h
 Running performance: 5:10 min/km

Rank in course/Total: 74 (of 144)

Rank in course/Men: 70 (of 118)

Best time in course: 1:06:50

Rank in category: 13(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.	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	48:02	5:09	13	14:06	77	15:03	9.30	48:02	5:09	13	14:06	77	15:03
Runde	9.00	46:29	5:09	10	11:46	58	13:15	18.30	1:34:31	5:09	13	25:52	70	28:18
Finish	0.20	0:54	4:30	11	0:17	70	0:19	18.50	1:35:25	5:09	13	26:08	70	28:35