



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

KUNYSCH, Paul

Club: Ilmenau
 Number: 407

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:35:31

Speed: 11.31 km/h
 Running performance: 5:10 min/km

Rank in course/Total: 75 (of 144)

Rank in course/Men: 71 (of 118)

Best time in course: 1:06:50

Rank in category: 11(of 18)

Best time in the category: 1:14:46

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	48:51	5:15	13	12:15	83	15:52	9.30	48:51	5:15	13	12:15	83	15:52
Runde	9.00	45:50	5:05	9	8:26	51	12:36	18.30	1:34:41	5:10	11	20:41	71	28:28
Finish	0.20	0:50	4:10	9	0:15	49	0:15	18.50	1:35:31	5:09	11	20:45	71	28:41