



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Mölders, Martin

Club: Liberales Laufteam  
Number: 457

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:35:57

Speed: 11.26 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 76 (of 144)

Rank in course/Men: 72 (of 118)

Best time in course: 1:06:50

Rank in category: 1(of 2)

Best time in the category: 1:35:57

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	45:57	4:56	1	-	59	12:58	9.30	45:57	4:56	1	-	59	12:58
Runde	9.00	49:02	5:26	1	-	79	15:48	18.30	1:34:59	5:11	1	-	72	28:46
Finish	0.20	0:58	4:49	1	-	84	0:23	18.50	1:35:57	5:11	1	-	72	29:07