



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Trautmann, Jonas

Club: Gutsmuts-Rensteiglaufverein e.V.
Number: 459

Course: 18.50 km
Lange Strecke

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 1:36:24

Speed: 11.20 km/h
Running performance: 5:13 min/km

Rank in course/Total: 77 (of 144)

Rank in course/Men: 73 (of 118)

Best time in course: 1:06:50

Rank in category: 2(of 2)

Best time in the category: 1:32:50

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	48:02	5:09	2	3:31	77	15:03	9.30	48:02	5:09	2	3:31	77	15:03
Runde	9.00	47:30	5:16	1	-	69	14:16	18.30	1:35:32	5:13	2	3:28	73	29:19
Finish	0.20	0:52	4:19	2	0:06	60	0:17	18.50	1:36:24	5:12	2	3:34	73	29:34