



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

REISSER, Mario

Club: fat fighters
 Number: 427

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:36:25

Speed: 11.51 km/h
 Running performance: 5:13 min/km

Rank in course/Total: 78 (of 144)

Rank in course/Men: 74 (of 118)

Best time in course: 1:06:50

Rank in category: 12(of 18)

Best time in the category: 1:13:42

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	48:15	5:11	13	12:38	80	15:16	9.30	48:15	5:11	13	12:38	80	15:16
Runde	9.00	47:20	5:15	12	9:58	67	14:06	18.30	1:35:35	5:13	12	22:36	74	29:22
Finish	0.20	0:50	4:10	7	0:07	49	0:15	18.50	1:36:25	5:12	12	22:43	74	29:35