



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

JUNNE, Ralf

Club: Erfurt
Number: 399

Course: 18.50 km
Lange Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:37:12

Speed: 11.11 km/h
Running performance: 5:15 min/km

Rank in course/Total: 80 (of 144)

Rank in course/Men: 75 (of 118)

Best time in course: 1:06:50

Rank in category: 1(of 11)

Best time in the category: 1:37:12

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	48:55	5:15	4	1:35	84	15:56	9.30	48:55	5:15	4	1:35	84	15:56
Runde	9.00	47:29	5:16	1	-	68	14:15	18.30	1:36:24	5:16	2	0:04	76	30:11
Finish	0.20	0:48	4:00	1	-	35	0:13	18.50	1:37:12	5:15	1	-	75	30:22