



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: 11.42 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 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	48:55	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