



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

SEUPT, Gordon

Club: SV TU Ilmenau
 Number: 443

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:37:24

Speed: 11.09 km/h
 Running performance: 5:16 min/km

Rank in course/Total: 82 (of 144)

Rank in course/Men: 77 (of 118)

Best time in course: 1:06:50

Rank in category: 12(of 18)

Best time in the category: 1:14:46

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	47:43	5:07	12	11:07	72	14:44	9.30	47:43	5:07	12	11:07	72	14:44
Runde	9.00	48:44	5:24	12	11:20	76	15:30	18.30	1:36:27	5:16	12	22:27	77	30:14
Finish	0.20	0:57	4:44	14	0:22	80	0:22	18.50	1:37:24	5:15	12	22:38	77	30:34