



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

GRUNE, Sascha

Club: Ilmenau
 Number: 382

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:37:49

Speed: 11.35 km/h
 Running performance: 5:17 min/km

Rank in course/Total: 84 (of 144)

Rank in course/Men: 79 (of 118)

Best time in course: 1:06:50

Rank in category: 10(of 16)

Best time in the category: 1:10:36

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 | 48:13 | 5:11 | 11 | 13:58 | 79 | 15:14 | 9.30 | 48:13 | 5:11 | 11 | 13:58 | 79 | 15:14 |
| Runde | 9.00 | 48:41 | 5:24 | 10 | 13:02 | 75 | 15:27 | 18.30 | 1:36:54 | 5:17 | 10 | 27:00 | 79 | 30:41 |
| Finish | 0.20 | 0:55 | 4:34 | 11 | 0:13 | 75 | 0:20 | 18.50 | 1:37:49 | 5:17 | 10 | 27:13 | 79 | 30:59 |