



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.	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