



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Stonek, Christian

Club: Liberales Laufteam
 Number: 461

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:38:11

Speed: 11.00 km/h
 Running performance: 5:19 min/km

Rank in course/Total: 87 (of 144)

Rank in course/Men: 81 (of 118)

Best time in course: 1:06:50

Rank in category: 13(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	46:45	5:01	9	10:09	66	13:46	9.30	46:45	5:01	9	10:09	66	13:46
Runde	9.00	50:31	5:36	15	13:07	87	17:17	18.30	1:37:16	5:18	13	23:16	81	31:03
Finish	0.20	0:55	4:34	12	0:20	75	0:20	18.50	1:38:11	5:18	13	23:25	81	31:21