



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Rückert, Jonas

Club: Ilmenau Roda
Number: 474

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:38:25

Speed: 11.28 km/h
Running performance: 5:19 min/km

Rank in course/Total: 88 (of 144)

Rank in course/Men: 82 (of 118)

Best time in course: 1:06:50

Rank in category: 11(of 16)

Best time in the category: 1:10:36

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	45:31	4:53	9	11:16	51	12:32	9.30	45:31	4:53	9	11:16	51	12:32
Runde	9.00	52:00	5:46	12	16:21	93	18:46	18.30	1:37:31	5:19	11	27:37	82	31:18
Finish	0.20	0:54	4:30	10	0:12	70	0:19	18.50	1:38:25	5:19	11	27:49	82	31:35