



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

MACHATSCHEK, Frank

Club: Meiningen
 Number: 415

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:38:39

Speed: 11.25 km/h
 Running performance: 5:20 min/km

Rank in course/Total: 89 (of 144)

Rank in course/Men: 83 (of 118)

Best time in course: 1:06:50

Rank in category: 4(of 11)

Best time in the category: 1:37:12

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	48:19	5:11	3	0:59	81	15:20	9.30	48:19	5:11	3	0:59	81	15:20
Runde	9.00	49:32	5:30	3	2:03	80	16:18	18.30	1:37:51	5:20	4	1:31	83	31:38
Finish	0.20	0:48	4:00	1	-	35	0:13	18.50	1:38:39	5:19	4	1:27	83	31:49