



15. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Ernemann, Sebastian

Club: Kirmesverein Wüllersleben  
 Number: 469

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M35 (35-39 Jahre)

Total time: 1:40:33

Speed: 11.04 km/h  
 Running performance: 5:26 min/km

Rank in course/Total: 90 (of 144)

Rank in course/Men: 84 (of 118)

Best time in course: 1:06:50

Rank in category: 12(of 16)

Best time in the category: 1:10:36

Intermediate times

Stage score

Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde   | 9.30        | 49:39         | 5:20            | 12          | 15:24          | 90          | 16:40         | 9.30          | 49:39         | 5:20            | 12          | 15:24          | 90         | 16:40         |
| Runde   | 9.00        | 49:57         | 5:33            | 11          | 14:18          | 83          | 16:43         | 18.30         | 1:39:36       | 5:26            | 12          | 29:42          | 84         | 33:23         |
| Finish  | 0.20        | 0:57          | 4:44            | 12          | 0:15           | 80          | 0:22          | 18.50         | 1:40:33       | 5:26            | 12          | 29:57          | 84         | 33:43         |