



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: 10.74 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 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	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