



15. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

KREBS, Daniel

Club: GMRLV
Number: 405

Course: 18.50 km
Lange Strecke

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:40:38

Speed: 11.03 km/h
Running performance: 5:26 min/km

Rank in course/Total: 91 (of 144)

Rank in course/Men: 85 (of 118)

Best time in course: 1:06:50

Rank in category: 14(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	49:33	5:19	15	12:57	89	16:34	9.30	49:33	5:19	15	12:57	89	16:34
Runde	9.00	50:15	5:34	13	12:51	84	17:01	18.30	1:39:48	5:27	14	25:48	85	33:35
Finish	0.20	0:50	4:10	9	0:15	49	0:15	18.50	1:40:38	5:26	14	25:52	85	33:48