



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 |