



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Altendorf, Nils

Club: Lauffreund.de
 Number: 468

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:41:58

Speed: 10.89 km/h
 Running performance: 5:31 min/km

Rank in course/Total: 98 (of 144)

Rank in course/Men: 91 (of 118)

Best time in course: 1:06:50

Rank in category: 14(of 18)

Best time in the category: 1:13:42

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	49:57	5:22	14	14:20	91	16:58	9.30	49:57	5:22	14	14:20	91	16:58
Runde	9.00	51:03	5:40	15	13:41	89	17:49	18.30	1:41:00	5:31	14	28:01	91	34:47
Finish	0.20	0:58	4:49	12	0:15	84	0:23	18.50	1:41:58	5:30	14	28:16	91	35:08