



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

FIDELAK, Peer

Club: Jena
 Number: 371

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:42:50

Speed: 10.79 km/h
 Running performance: 5:34 min/km

Rank in course/Total: 100 (of 144)

Rank in course/Men: 92 (of 118)

Best time in course: 1:06:50

Rank in category: 16(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	51:35	5:32	16	14:59	97	18:36	9.30	51:35	5:32	16	14:59	97	18:36
Runde	9.00	50:18	5:35	14	12:54	86	17:04	18.30	1:41:53	5:34	16	27:53	92	35:40
Finish	0.20	0:57	4:44	14	0:22	80	0:22	18.50	1:42:50	5:33	16	28:04	92	36:00