



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

BAUMEYER, Frank

Club: SV Schleusingen 90
 Number: 354

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:44:56

Speed: 10.58 km/h
 Running performance: 5:40 min/km

Rank in course/Total: 107 (of 144)

Rank in course/Men: 95 (of 118)

Best time in course: 1:06:50

Rank in category: 5(of 11)

Best time in the category: 1:37:12

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	50:13	5:23	5	2:53	92	17:14	9.30	50:13	5:23	5	2:53	92	17:14
Runde	9.00	53:40	5:57	6	6:11	97	20:26	18.30	1:43:53	5:40	5	7:33	95	37:40
Finish	0.20	1:03	5:15	9	0:15	101	0:28	18.50	1:44:56	5:40	5	7:44	95	38:06