



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: 10.29 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |