



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

FILAX, Steffen

Club: SV TU Ilmenau
 Number: 372

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:46:06

Speed: 10.18 km/h
 Running performance: 5:44 min/km

Rank in course/Total: 109 (of 144)

Rank in course/Men: 96 (of 118)

Best time in course: 1:06:50

Rank in category: 19(of 22)

Best time in the category: 1:19:41

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	52:54	5:41	21	13:40	102	19:55	9.30	52:54	5:41	21	13:40	102	19:55
Runde	9.00	52:12	5:48	18	12:27	94	18:58	18.30	1:45:06	5:44	19	26:07	96	38:53
Finish	0.20	1:00	5:00	17	0:23	93	0:25	18.50	1:46:06	5:44	19	26:25	96	39:16