



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

GOYMANN, Uwe

Club: Lauftreff Plaue
 Number: 379

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:46:41

Speed: 10.40 km/h
 Running performance: 5:46 min/km

Rank in course/Total: 112 (of 144)

Rank in course/Men: 98 (of 118)

Best time in course: 1:06:50

Rank in category: 6(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	53:16	5:43	7	5:56	103	20:17	9.30	53:16	5:43	7	5:56	103	20:17
Runde	9.00	52:24	5:49	5	4:55	95	19:10	18.30	1:45:40	5:46	6	9:20	98	39:27
Finish	0.20	1:01	5:04	6	0:13	98	0:26	18.50	1:46:41	5:46	6	9:29	98	39:51