



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Münz, Matthias

Club: Bergern
Number: 481

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:47:10

Speed: 10.08 km/h
Running performance: 5:47 min/km

Rank in course/Total: 113 (of 144)

Rank in course/Men: 99 (of 118)

Best time in course: 1:06:50

Rank in category: 21(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	51:59	5:35	20	12:45	98	19:00	9.30	51:59	5:35	20	12:45	98	19:00
Runde	9.00	54:04	6:00	20	14:19	99	20:50	18.30	1:46:03	5:47	21	27:04	99	39:50
Finish	0.20	1:07	5:34	21	0:30	112	0:32	18.50	1:47:10	5:47	21	27:29	99	40:20