



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: 10.36 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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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