



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

HEMPEL, Matthias

Club: ultra-runner-team Suhl
Number: 391

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:48:38

Speed: 10.22 km/h
Running performance: 5:52 min/km

Rank in course/Total: 115 (of 144)

Rank in course/Men: 101 (of 118)

Best time in course: 1:06:50

Rank in category: 15(of 18)

Best time in the category: 1:13:42

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	50:58	5:28	15	15:21	96	17:59	9.30	50:58	5:28	15	15:21	96	17:59
Runde	9.00	56:36	6:17	16	19:14	106	23:22	18.30	1:47:34	5:52	15	34:35	101	41:21
Finish	0.20	1:04	5:19	15	0:21	105	0:29	18.50	1:48:38	5:52	15	34:56	101	41:48