



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

LEDER, Daniel

Club: Sägewerk
 Number: 412

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:50:35

Speed: 10.04 km/h
 Running performance: 5:59 min/km

Rank in course/Total: 118 (of 144)

Rank in course/Men: 103 (of 118)

Best time in course: 1:06:50

Rank in category: 17(of 18)

Best time in the category: 1:14:46

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	53:24	5:44	17	16:48	104	20:25	9.30	53:24	5:44	17	16:48	104	20:25
Runde	9.00	56:12	6:14	17	18:48	105	22:58	18.30	1:49:36	5:59	17	35:36	103	43:23
Finish	0.20	0:59	4:54	16	0:24	89	0:24	18.50	1:50:35	5:58	17	35:49	103	43:45