



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

BOLZ, Stefan

Club: Langewiesen
 Number: 363

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:53:14

Speed: 9.54 km/h
 Running performance: 6:07 min/km

Rank in course/Total: 127 (of 144)

Rank in course/Men: 110 (of 118)

Best time in course: 1:06:50

Rank in category: 16(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	1:01:31	6:36	18	25:54	116	28:32	9.30	1:01:31	6:36	18	25:54	116	28:32
Runde	9.00	50:38	5:37	14	13:16	88	17:24	18.30	1:52:09	6:07	16	39:10	110	45:56
Finish	0.20	1:05	5:24	17	0:22	109	0:30	18.50	1:53:14	6:07	16	39:32	110	46:24