



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Pohlmann, Mario

Club: Marathon Club Menden
 Number: 503

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:53:33

Speed: 9.51 km/h
 Running performance: 6:08 min/km

Rank in course/Total: 128 (of 144)

Rank in course/Men: 111 (of 118)

Best time in course: 1:06:50

Rank in category: 10(of 11)

Best time in the category: 1:37:12

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	54:16	5:50	9	6:56	108	21:17	9.30	54:16	5:50	9	6:56	108	21:17
Runde	9.00	58:17	6:28	10	10:48	111	25:03	18.30	1:52:33	6:09	10	16:13	111	46:20
Finish	0.20	1:00	5:00	5	0:12	93	0:25	18.50	1:53:33	6:08	10	16:21	111	46:43