



15. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

RÖDGER, Steffen

Club: Hörselberg-Hainich  
 Number: 429

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M45 (45-49 Jahre)

Total time: 1:57:48

Speed: 9.42 km/h  
 Running performance: 6:22 min/km

Rank in course/Total: 131 (of 144)

Rank in course/Men: 112 (of 118)

Best time in course: 1:06:50

Rank in category: 17(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	57:21	6:09	16	21:44	111	24:22	9.30	57:21	6:09	16	21:44	111	24:22
Runde	9.00	59:27	6:36	17	22:05	113	26:13	18.30	1:56:48	6:22	17	43:49	112	50:35
Finish	0.20	1:00	5:00	14	0:17	93	0:25	18.50	1:57:48	6:22	17	44:06	112	50:58