



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

HEINZ, Christian

Club: Geraberg
 Number: 389

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 2:00:35

Speed: 8.96 km/h
 Running performance: 6:31 min/km

Rank in course/Total: 132 (of 144)

Rank in course/Men: 113 (of 118)

Best time in course: 1:06:50

Rank in category: 18(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	59:44	6:25	17	24:07	115	26:45	9.30	59:44	6:25	17	24:07	115	26:45
Runde	9.00	59:39	6:37	18	22:17	114	26:25	18.30	1:59:23	6:31	18	46:24	113	53:10
Finish	0.20	1:12	5:59	18	0:29	115	0:37	18.50	2:00:35	6:31	18	46:53	113	53:45