



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

BERWING, Dieter

Club: SV TU Ilmenau
 Number: 361

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 2:02:07

Speed: 8.84 km/h
 Running performance: 6:36 min/km

Rank in course/Total: 135 (of 144)

Rank in course/Men: 114 (of 118)

Best time in course: 1:06:50

Rank in category: 11(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	9.30	1:01:40	6:37	11	14:20	117	28:41	9.30	1:01:40	6:37	11	14:20	117	28:41				
Runde	9.00	59:19	6:35	11	11:50	112	26:05	18.30	2:00:59	6:36	11	24:39	114	54:46				
Finish	0.20	1:08	5:39	11	0:20	113	0:33	18.50	2:02:07	6:36	11	24:55	114	55:17				