



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

HARTUNG, Christian

Club: Gräfenroda
 Number: 388

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 2:02:48

Speed: 8.79 km/h
 Running performance: 6:38 min/km

Rank in course/Total: 136 (of 144)

Rank in course/Men: 115 (of 118)

Best time in course: 1:06:50

Rank in category: 15(of 16)

Best time in the category: 1:10:36

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	58:00	6:14	15	23:45	112	25:01	9.30	58:00	6:14	15	23:45	112	25:01
Runde	9.00	1:03:31	7:03	15	27:52	115	30:17	18.30	2:01:31	6:38	15	51:37	115	55:18
Finish	0.20	1:17	6:25	15	0:35	117	0:42	18.50	2:02:48	6:38	15	52:12	115	55:58