



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Lösch, Sören

Club: Chemnitz
 Number: 543

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:10:12

Speed: 15.38 km/h
 Running performance: 3:47 min/km

Rank in course/Total: 1 (of 149)

Rank in course/Men: 1 (of 122)

Best time in course: 1:10:12

Rank in category: 1(of 11)

Best time in the category: 1:10:12

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	34:24	3:41	1	-	1	-	9.30	34:24	3:41	1	-	1	-
Runde	9.00	35:07	3:54	1	-	1	-	18.30	1:09:31	3:47	1	-	1	-
Finish	0.20	0:41	3:24	1	-	5	0:03	18.50	1:10:12	3:47	1	-	1	-