



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schulz, Sören

Club: laufteam erfurt
 Number: 518

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:12:23

Speed: 14.92 km/h
 Running performance: 3:55 min/km

Rank in course/Total: 2 (of 149)

Rank in course/Men: 2 (of 122)

Best time in course: 1:10:12

Rank in category: 1(of 23)

Best time in the category: 1:12:23

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	35:15	3:47	1	-	2	0:51	9.30	35:15	3:47	1	-	2	0:51
Runde	9.00	36:25	4:02	2	0:51	3	1:18	18.30	1:11:40	3:54	1	-	2	2:09
Finish	0.20	0:43	3:34	5	0:04	9	0:05	18.50	1:12:23	3:54	1	-	2	2:11