



16. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Baumgart, Björn

Club: WSV Schmiedefeld
Number: 526

Course: 18.50 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:14:20

Speed: 14.53 km/h
Running performance: 4:01 min/km

Rank in course/Total: 5 (of 149)

Rank in course/Men: 5 (of 122)

Best time in course: 1:10:12

Rank in category: 2(of 11)

Best time in the category: 1:10:12

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	36:04	3:52	2	1:40	3	1:40	9.30	36:04	3:52	2	1:40	3	1:40
Runde	9.00	37:27	4:09	3	2:20	7	2:20	18.30	1:13:31	4:01	2	4:00	5	4:00
Finish	0.20	0:49	4:04	2	0:08	30	0:11	18.50	1:14:20	4:01	2	4:08	5	4:08