



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schmidt, Robert

Club: Team Hirschbach
 Number: 530

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:14:28

Speed: 14.50 km/h
 Running performance: 4:02 min/km

Rank in course/Total: 6 (of 149)

Rank in course/Men: 6 (of 122)

Best time in course: 1:10:12

Rank in category: 3(of 11)

Best time in the category: 1:10:12

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	36:47	3:57	3	2:23	7	2:23	9.30	36:47	3:57	3	2:23	7	2:23
Runde	9.00	36:52	4:05	2	1:45	5	1:45	18.30	1:13:39	4:01	3	4:08	6	4:08
Finish	0.20	0:49	4:04	2	0:08	30	0:11	18.50	1:14:28	4:01	3	4:16	6	4:16