



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schönborn, Frank

Club: Lauffreunde Gotha
 Number: 492

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:14:48

Speed: 14.44 km/h
 Running performance: 4:02 min/km

Rank in course/Total: 7 (of 149)

Rank in course/Men: 7 (of 122)

Best time in course: 1:10:12

Rank in category: 1(of 16)

Best time in the category: 1:14:48

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	36:29	3:55	1	-	5	2:05	9.30	36:29	3:55	1	-	5	2:05
Runde	9.00	37:37	4:10	1	-	8	2:30	18.30	1:14:06	4:02	1	-	7	4:35
Finish	0.20	0:42	3:29	2	0:04	6	0:04	18.50	1:14:48	4:02	1	-	7	4:36