



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Greßler, Andreas

Club: Thüringer Lauftouristen
 Number: 420

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:18:20

Speed: 13.79 km/h
 Running performance: 4:14 min/km

Rank in course/Total: 10 (of 149)

Rank in course/Men: 10 (of 122)

Best time in course: 1:10:12

Rank in category: 5(of 23)

Best time in the category: 1:12:23

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	38:15	4:06	5	3:00	10	3:51	9.30	38:15	4:06	5	3:00	10	3:51
Runde	9.00	39:18	4:21	5	3:44	11	4:11	18.30	1:17:33	4:14	5	5:53	10	8:02
Finish	0.20	0:47	3:54	7	0:08	22	0:09	18.50	1:18:20	4:14	5	5:57	10	8:08