



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schmidt, Uwe

Club: GMRLV
 Number: 491

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:18:48

Speed: 13.71 km/h
 Running performance: 4:16 min/km

Rank in course/Total: 11 (of 149)

Rank in course/Men: 11 (of 122)

Best time in course: 1:10:12

Rank in category: 1(of 20)

Best time in the category: 1:18:48

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	39:39	4:15	2	0:34	14	5:15	9.30	39:39	4:15	2	0:34	14	5:15
Runde	9.00	38:25	4:16	1	-	10	3:18	18.30	1:18:04	4:15	1	-	11	8:33
Finish	0.20	0:44	3:39	2	0:01	12	0:06	18.50	1:18:48	4:15	1	-	11	8:36