



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen
 Number: 545

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:20:40

Speed: 13.39 km/h
 Running performance: 4:22 min/km

Rank in course/Total: 13 (of 149)

Rank in course/Men: 13 (of 122)

Best time in course: 1:10:12

Rank in category: 2(of 20)

Best time in the category: 1:18:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	39:05	4:12	1	-	13	4:41	9.30	39:05	4:12	1	-	13	4:41
Runde	9.00	40:51	4:32	3	2:26	15	5:44	18.30	1:19:56	4:22	2	1:52	13	10:25
Finish	0.20	0:44	3:39	2	0:01	12	0:06	18.50	1:20:40	4:21	2	1:52	13	10:28