



16. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Pranckus, Egidijus

Club: SCB Berlin
Number: 525

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:21:23

Speed: 13.27 km/h
Running performance: 4:24 min/km

Rank in course/Total: 14 (of 149)

Rank in course/Men: 14 (of 122)

Best time in course: 1:10:12

Rank in category: 7(of 23)

Best time in the category: 1:12:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	40:00	4:18	7	4:45	15	5:36	9.30	40:00	4:18	7	4:45	15	5:36
Runde	9.00	40:34	4:30	7	5:00	13	5:27	18.30	1:20:34	4:24	7	8:54	14	11:03
Finish	0.20	0:49	4:04	10	0:10	30	0:11	18.50	1:21:23	4:23	7	9:00	14	11:11