



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

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	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