



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Gröschner, Enrico

Club: Sport Schart Rudolstadt
Number: 421

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:21:47

Speed: 13.21 km/h
Running performance: 4:25 min/km

Rank in course/Total: 15 (of 149)

Rank in course/Men: 15 (of 122)

Best time in course: 1:10:12

Rank in category: 2(of 16)

Best time in the category: 1:14:48

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	38:58	4:11	2	2:29	12	4:34	9.30	38:58	4:11	2	2:29	12	4:34
Runde	9.00	42:06	4:40	4	4:29	24	6:59	18.30	1:21:04	4:25	2	6:58	15	11:33
Finish	0.20	0:43	3:34	4	0:05	9	0:05	18.50	1:21:47	4:25	2	6:59	15	11:35