



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Röder, Stefan

Club: www.mtb-thüringen.de
 Number: 475

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:22:11

Speed: 13.14 km/h
 Running performance: 4:26 min/km

Rank in course/Total: 16 (of 149)

Rank in course/Men: 16 (of 122)

Best time in course: 1:10:12

Rank in category: 2(of 16)

Best time in the category: 1:14:14

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	40:03	4:18	2	3:54	16	5:39	9.30	40:03	4:18	2	3:54	16	5:39
Runde	9.00	41:03	4:33	2	3:55	16	5:56	18.30	1:21:06	4:25	2	7:49	16	11:35
Finish	0.20	1:05	5:24	14	0:20	113	0:27	18.50	1:22:11	4:26	2	7:57	16	11:59