



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Holz, Enrico

Club: Team Erdinger Alkoholfrei  
Number: 435

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:22:46

Speed: 13.05 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 17 (of 149)

Rank in course/Men: 17 (of 122)

Best time in course: 1:10:12

Rank in category: 3(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	40:43	4:22	3	4:14	18	6:19	9.30	40:43	4:22	3	4:14	18	6:19
Runde	9.00	41:19	4:35	3	3:42	19	6:12	18.30	1:22:02	4:28	3	7:56	17	12:31
Finish	0.20	0:44	3:39	5	0:06	12	0:06	18.50	1:22:46	4:28	3	7:58	17	12:34