



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Stephan, Reinhard

Club: TSV Scheßlitz
Number: 500

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:23:04

Speed: 13.00 km/h
Running performance: 4:29 min/km

Rank in course/Total: 18 (of 149)

Rank in course/Men: 18 (of 122)

Best time in course: 1:10:12

Rank in category: 3(of 20)

Best time in the category: 1:18:48

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	41:24	4:27	7	2:19	24	7:00	9.30	41:24	4:27	7	2:19	24	7:00
Runde	9.00	40:49	4:32	2	2:24	14	5:42	18.30	1:22:13	4:29	3	4:09	18	12:42
Finish	0.20	0:51	4:15	8	0:08	45	0:13	18.50	1:23:04	4:29	3	4:16	18	12:52