



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Iakovlev, Vladislav

Club: Ilmenau  
 Number: 437

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M40 (40-44 Jahre)

Total time: 1:23:19

Speed: 12.96 km/h  
 Running performance: 4:30 min/km

Rank in course/Total: 19 (of 149)

Rank in course/Men: 19 (of 122)

Best time in course: 1:10:12

Rank in category: 3(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	40:42	4:22	3	4:33	17	6:18	9.30	40:42	4:22	3	4:33	17	6:18
Runde	9.00	41:52	4:39	3	4:44	23	6:45	18.30	1:22:34	4:30	3	9:17	19	13:03
Finish	0.20	0:45	3:45	1	-	17	0:07	18.50	1:23:19	4:30	3	9:05	19	13:07