



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schmidt, Sebastian

Club: N3 Sportverein e.V.
 Number: 489

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:23:21

Speed: 12.96 km/h
 Running performance: 4:31 min/km

Rank in course/Total: 20 (of 149)

Rank in course/Men: 20 (of 122)

Best time in course: 1:10:12

Rank in category: 8(of 23)

Best time in the category: 1:12:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	41:31	4:27	11	6:16	28	7:07	9.30	41:31	4:27	11	6:16	28	7:07
Runde	9.00	41:08	4:34	8	5:34	17	6:01	18.30	1:22:39	4:30	8	10:59	20	13:08
Finish	0.20	0:42	3:29	4	0:03	6	0:04	18.50	1:23:21	4:30	8	10:58	20	13:09