



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 |