



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schmidt, Thomas
 Club: SV Ilmtal Manebach
 Number: 490

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:23:36
 Speed: 13.28 km/h
 Running performance: 4:31 min/km
 Rank in course/Total: 21 (of 149)
 Rank in course/Men: 21 (of 122)
 Best time in course: 1:10:12
 Rank in category: 4(of 20)
 Best time in the category: 1:18:48

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	41:06	4:25	6	2:01	23	6:42	9.30	41:06	4:25	6	2:01	23	6:42
Runde	9.00	41:40	4:37	4	3:15	21	6:33	18.30	1:22:46	4:31	4	4:42	21	13:15
Finish	0.20	0:50	4:10	6	0:07	37	0:12	18.50	1:23:36	4:31	4	4:48	21	13:24