



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Machalett, Marcel

Club: Arnstadt läuft...
 Number: 455

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:23:39
 Speed: 12.91 km/h
 Running performance: 4:31 min/km
 Rank in course/Total: 22 (of 149)
 Rank in course/Men: 22 (of 122)
 Best time in course: 1:10:12
 Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	41:05	4:25	8	5:50	22	6:41	9.30	41:05	4:25	8	5:50	22	6:41
Runde	9.00	41:47	4:38	10	6:13	22	6:40	18.30	1:22:52	4:31	9	11:12	22	13:21
Finish	0.20	0:47	3:54	7	0:08	22	0:09	18.50	1:23:39	4:31	9	11:16	22	13:27