



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Wilhelm, Josef

Club: Triathlonverein Friedrichroda
Number: 506

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:23:43

Speed: 12.90 km/h
Running performance: 4:32 min/km

Rank in course/Total: 23 (of 149)

Rank in course/Men: 23 (of 122)

Best time in course: 1:10:12

Rank in category: 10(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	41:25	4:27	9	6:10	25	7:01	9.30	41:25	4:27	9	6:10	25	7:01
Runde	9.00	41:28	4:36	9	5:54	20	6:21	18.30	1:22:53	4:31	10	11:13	23	13:22
Finish	0.20	0:50	4:10	12	0:11	37	0:12	18.50	1:23:43	4:31	10	11:20	23	13:31