



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Bastian, Dieter

Club: DJK SC Vorra
Number: 402

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:23:52

Speed: 12.88 km/h
Running performance: 4:32 min/km

Rank in course/Total: 24 (of 149)

Rank in course/Men: 24 (of 122)

Best time in course: 1:10:12

Rank in category: 5(of 20)

Best time in the category: 1:18:48

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	40:53	4:23	4	1:48	20	6:29	9.30	40:53	4:23	4	1:48	20	6:29
Runde	9.00	42:11	4:41	5	3:46	25	7:04	18.30	1:23:04	4:32	5	5:00	24	13:33
Finish	0.20	0:48	4:00	5	0:05	27	0:10	18.50	1:23:52	4:31	5	5:04	24	13:40