



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Gellert, Christopher

Club: GMRLV
Number: 554

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:24:55

Speed: 12.72 km/h
Running performance: 4:35 min/km

Rank in course/Total: 26 (of 149)

Rank in course/Men: 26 (of 122)

Best time in course: 1:10:12

Rank in category: 12(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	41:44	4:29	12	6:29	30	7:20	9.30	41:44	4:29	12	6:29	30	7:20
Runde	9.00	42:20	4:42	13	6:46	28	7:13	18.30	1:24:04	4:35	12	12:24	26	14:33
Finish	0.20	0:51	4:15	14	0:12	45	0:13	18.50	1:24:55	4:35	12	12:32	26	14:43