



16. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Kreuzberger, Gunther

Club: Ilmenau

Number: 446

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:25:22

Speed: 12.65 km/h

Running performance: 4:37 min/km

Rank in course/Total: 27 (of 149)

Rank in course/Men: 27 (of 122)

Best time in course: 1:10:12

Rank in category: 6(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	41:00	4:24	5	1:55	21	6:36	9.30	41:00	4:24	5	1:55	21	6:36
Runde	9.00	43:25	4:49	7	5:00	32	8:18	18.30	1:24:25	4:36	6	6:21	27	14:54
Finish	0.20	0:57	4:44	16	0:14	82	0:19	18.50	1:25:22	4:36	6	6:34	27	15:10