



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Höhne, Andreas

Club: Thuringia Königsee
Number: 548

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:25:29

Speed: 12.63 km/h
Running performance: 4:37 min/km

Rank in course/Total: 28 (of 149)

Rank in course/Men: 28 (of 122)

Best time in course: 1:10:12

Rank in category: 7(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	41:30	4:27	8	2:25	27	7:06	9.30	41:30	4:27	8	2:25	27	7:06
Runde	9.00	43:08	4:47	6	4:43	30	8:01	18.30	1:24:38	4:37	7	6:34	28	15:07
Finish	0.20	0:51	4:15	8	0:08	45	0:13	18.50	1:25:29	4:37	7	6:41	28	15:17