



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 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 | 41:30 | 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 |