



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Brunsch, Mario

Club: Ilmenau
 Number: 412

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:25:30

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

Rank in course/Total: 29 (of 149)

Rank in course/Men: 29 (of 122)

Best time in course: 1:10:12

Rank in category: 4(of 16)

Best time in the category: 1:14:48

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	43:42	4:41	6	7:13	43	9:18	9.30	43:42	4:41	6	7:13	43	9:18
Runde	9.00	41:10	4:34	2	3:33	18	6:03	18.30	1:24:52	4:38	4	10:46	30	15:21
Finish	0.20	0:38	3:09	1	-	1	-	18.50	1:25:30	4:37	4	10:42	29	15:18