



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Heimrich, Dominik

Club: Suhl
 Number: 537

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:25:44

Speed: 12.60 km/h
 Running performance: 4:38 min/km

Rank in course/Total: 31 (of 149)

Rank in course/Men: 31 (of 122)

Best time in course: 1:10:12

Rank in category: 4(of 16)

Best time in the category: 1:14:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	41:33	4:28	4	5:24	29	7:09	9.30	41:33	4:28	4	5:24	29	7:09
Runde	9.00	43:21	4:48	4	6:13	31	8:14	18.30	1:24:54	4:38	4	11:37	31	15:23
Finish	0.20	0:50	4:10	4	0:05	37	0:12	18.50	1:25:44	4:38	4	11:30	31	15:32