



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Spantig, Thomas

Club: Abgehts09
 Number: 538

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:25:31

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

Rank in course/Total: 30 (of 149)

Rank in course/Men: 30 (of 122)

Best time in course: 1:10:12

Rank in category: 8(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	40:52	4:23	3	1:47	19	6:28	9.30	40:52	4:23	3	1:47	19	6:28
Runde	9.00	43:56	4:52	8	5:31	37	8:49	18.30	1:24:48	4:38	8	6:44	29	15:17
Finish	0.20	0:43	3:34	1	-	9	0:05	18.50	1:25:31	4:37	8	6:43	30	15:19