



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Voßhage, Ron

Club: Suhl  
 Number: 522

Course: 18.50 km  
 Lange Strecke

Category:  
 Männer (20-29 Jahre)

Total time: 1:26:40

Speed: 12.46 km/h  
 Running performance: 4:41 min/km

Rank in course/Total: 33 (of 149)

Rank in course/Men: 33 (of 122)

Best time in course: 1:10:12

Rank in category: 1(of 2)

Best time in the category: 1:26:40

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	42:29	4:34	2	0:35	37	8:05	9.30	42:29	4:34	2	0:35	37	8:05
Runde	9.00	43:27	4:49	1	-	33	8:20	18.30	1:25:56	4:41	1	-	33	16:25
Finish	0.20	0:44	3:39	1	-	12	0:06	18.50	1:26:40	4:41	1	-	33	16:28