



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Rosenberger, Marcel

Total time: 1:26:43

Club: Freie Reformschule Franz von Assisi Ilmenau  
Number: 477

Speed: 12.45 km/h  
Running performance: 4:41 min/km

Course: 18.50 km  
Lange Strecke

Rank in course/Total: 34 (of 149)

Rank in course/Men: 34 (of 122)

Best time in course: 1:10:12

Category:

Rank in category: 5(of 16)

Senioren M40 (40-44 Jahre)

Best time in the category: 1:14:14

Intermediate times

Stage score

Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde   | 9.30        | 41:51         | 4:30            | 5           | 5:42           | 32          | 7:27          | 9.30          | 41:51         | 4:30            | 5           | 5:42           | 32         | 7:27          |
| Runde   | 9.00        | 44:07         | 4:54            | 5           | 6:59           | 39          | 9:00          | 18.30         | 1:25:58       | 4:41            | 5           | 12:41          | 34         | 16:27         |
| Finish  | 0.20        | 0:45          | 3:45            | 1           | -              | 17          | 0:07          | 18.50         | 1:26:43       | 4:41            | 5           | 12:29          | 34         | 16:31         |