



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schrader, Bernd

Club: PSV Meiningen
 Number: 493

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:26:59

Speed: 12.42 km/h
 Running performance: 4:42 min/km

Rank in course/Total: 36 (of 149)

Rank in course/Men: 36 (of 122)

Best time in course: 1:10:12

Rank in category: 1(of 16)

Best time in the category: 1:26:59

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	41:58	4:30	1	-	34	7:34	9.30	41:58	4:30	1	-	34	7:34
Runde	9.00	44:14	4:54	2	0:19	41	9:07	18.30	1:26:12	4:42	1	-	36	16:41
Finish	0.20	0:47	3:54	1	-	22	0:09	18.50	1:26:59	4:42	1	-	36	16:47