



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Grossmann, Florian

Club: Langewiesen
Number: 422

Course: 18.50 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:27:33

Speed: 12.34 km/h
Running performance: 4:44 min/km

Rank in course/Total: 37 (of 149)

Rank in course/Men: 37 (of 122)

Best time in course: 1:10:12

Rank in category: 4(of 11)

Best time in the category: 1:10:12

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	41:50	4:29	4	7:26	31	7:26	9.30	41:50	4:29	4	7:26	31	7:26
Runde	9.00	44:47	4:58	5	9:40	44	9:40	18.30	1:26:37	4:43	4	17:06	37	17:06
Finish	0.20	0:56	4:39	6	0:15	71	0:18	18.50	1:27:33	4:43	4	17:21	37	17:21