



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schäfer, Christoph

Club: 1. HCV  
 Number: 482

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M30 (30-34 Jahre)

Total time: 1:28:04

Speed: 12.26 km/h  
 Running performance: 4:46 min/km

Rank in course/Total: 38 (of 149)

Rank in course/Men: 38 (of 122)

Best time in course: 1:10:12

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	43:36	4:41	5	9:12	42	9:12	9.30	43:36	4:41	5	9:12	42	9:12
Runde	9.00	43:39	4:50	4	8:32	35	8:32	18.30	1:27:15	4:46	5	17:44	38	17:44
Finish	0.20	0:49	4:04	2	0:08	30	0:11	18.50	1:28:04	4:45	5	17:52	38	17:52