



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schmidt, Jan

Club: TC Suhl
 Number: 487

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:28:28

Speed: 12.21 km/h
 Running performance: 4:47 min/km

Rank in course/Total: 39 (of 149)

Rank in course/Men: 39 (of 122)

Best time in course: 1:10:12

Rank in category: 5(of 16)

Best time in the category: 1:14:48

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	42:07	4:31	4	5:38	35	7:43	9.30	42:07	4:31	4	5:38	35	7:43
Runde	9.00	45:31	5:03	9	7:54	48	10:24	18.30	1:27:38	4:47	5	13:32	39	18:07
Finish	0.20	0:50	4:10	8	0:12	37	0:12	18.50	1:28:28	4:46	5	13:40	39	18:16