



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Bruß, Martin

Club: Apfelstädt
 Number: 544

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:28:34

Speed: 12.19 km/h
 Running performance: 4:47 min/km

Rank in course/Total: 40 (of 149)

Rank in course/Men: 40 (of 122)

Best time in course: 1:10:12

Rank in category: 6(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	44:18	4:45	7	7:49	46	9:54	9.30	44:18	4:45	7	7:49	46	9:54
Runde	9.00	43:34	4:50	6	5:57	34	8:27	18.30	1:27:52	4:48	6	13:46	40	18:21
Finish	0.20	0:42	3:29	2	0:04	6	0:04	18.50	1:28:34	4:47	6	13:46	40	18:22