



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Donner, André

Club: TUS Breckerfeld
 Number: 553

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:28:48

Speed: 12.16 km/h
 Running performance: 4:48 min/km

Rank in course/Total: 41 (of 149)

Rank in course/Men: 41 (of 122)

Best time in course: 1:10:12

Rank in category: 7(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	43:13	4:38	5	6:44	39	8:49	9.30	43:13	4:38	5	6:44	39	8:49
Runde	9.00	44:41	4:57	7	7:04	43	9:34	18.30	1:27:54	4:48	7	13:48	41	18:23
Finish	0.20	0:54	4:30	10	0:16	61	0:16	18.50	1:28:48	4:47	7	14:00	41	18:36