



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Kretzschmar, Manfred

Club: Ichttershausen
 Number: 445

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M65 (65-69 Jahre)

Total time: 1:28:58

Speed: 12.14 km/h
 Running performance: 4:49 min/km

Rank in course/Total: 43 (of 149)

Rank in course/Men: 43 (of 122)

Best time in course: 1:10:12

Rank in category: 1(of 6)

Best time in the category: 1:28:58

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	44:13	4:45	1	-	45	9:49	9.30	44:13	4:45	1	-	45	9:49
Runde	9.00	44:00	4:53	1	-	38	8:53	18.30	1:28:13	4:49	1	-	43	18:42
Finish	0.20	0:45	3:45	1	-	17	0:07	18.50	1:28:58	4:48	1	-	43	18:46