



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Rückert, Jonas

Total time: 1:29:37

Club: Freie Reformschule Franz von Assisi Ilmenau
Number: 480

Speed: 12.05 km/h
Running performance: 4:50 min/km

Course: 18.50 km
Lange Strecke

Rank in course/Total: 44 (of 149)

Rank in course/Men: 44 (of 122)

Best time in course: 1:10:12

Category:

Rank in category: 14(of 23)

Senioren M35 (35-39 Jahre)

Best time in the category: 1:12:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	42:22	4:33	13	7:07	36	7:58	9.30	42:22	4:33	13	7:07	36	7:58
Runde	9.00	46:29	5:09	15	10:55	52	11:22	18.30	1:28:51	4:51	14	17:11	44	19:20
Finish	0.20	0:46	3:50	6	0:07	21	0:08	18.50	1:29:37	4:50	14	17:14	44	19:25