



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Holland, Stephan

Club: Suhl

Number: 521

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:29:42

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 45 (of 149)

Rank in course/Men: 45 (of 122)

Best time in course: 1:10:12

Rank in category: 8(of 16)

Best time in the category: 1:14:48

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	45:55	4:56	10	9:26	56	11:31	9.30	45:55	4:56	10	9:26	56	11:31
Runde	9.00	42:58	4:46	5	5:21	29	7:51	18.30	1:28:53	4:51	8	14:47	45	19:22
Finish	0.20	0:49	4:04	7	0:11	30	0:11	18.50	1:29:42	4:50	8	14:54	45	19:30