



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Mölders, Martin

Club: Liberales Laufteam
Number: 513

Course: 18.50 km
Lange Strecke

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:30:00

Speed: 12.00 km/h
Running performance: 4:52 min/km

Rank in course/Total: 46 (of 149)

Rank in course/Men: 46 (of 122)

Best time in course: 1:10:12

Rank in category: 1(of 10)

Best time in the category: 1:30:00

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	44:11	4:45	1	-	44	9:47	9.30	44:11	4:45	1	-	44	9:47
Runde	9.00	44:58	4:59	1	-	47	9:51	18.30	1:29:09	4:52	1	-	46	19:38
Finish	0.20	0:51	4:15	3	0:07	45	0:13	18.50	1:30:00	4:51	1	-	46	19:48