



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Lipfert, Robby

Club: Ilmenau
 Number: 451

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:30:04

Speed: 11.99 km/h
 Running performance: 4:52 min/km

Rank in course/Total: 47 (of 149)

Rank in course/Men: 47 (of 122)

Best time in course: 1:10:12

Rank in category: 2(of 16)

Best time in the category: 1:26:59

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	45:21	4:52	2	3:23	50	10:57	9.30	45:21	4:52	2	3:23	50	10:57
Runde	9.00	43:55	4:52	1	-	36	8:48	18.30	1:29:16	4:52	2	3:04	47	19:45
Finish	0.20	0:48	4:00	2	0:01	27	0:10	18.50	1:30:04	4:52	2	3:05	47	19:52