



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Senglaub, Arvid

Club: Die flinken Gerataler/ TSV 1880 Elgersburg
 Number: 496

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:30:37

Speed: 11.92 km/h
 Running performance: 4:54 min/km

Rank in course/Total: 49 (of 149)

Rank in course/Men: 48 (of 122)

Best time in course: 1:10:12

Rank in category: 9(of 16)

Best time in the category: 1:14:48

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	45:00	4:50	8	8:31	47	10:36	9.30	45:00	4:50	8	8:31	47	10:36
Runde	9.00	44:50	4:58	8	7:13	46	9:43	18.30	1:29:50	4:54	9	15:44	48	20:19
Finish	0.20	0:47	3:54	6	0:09	22	0:09	18.50	1:30:37	4:53	9	15:49	48	20:25