



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Müller, Michael

Club: SV Thuringia Königsee  
 Number: 466

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M40 (40-44 Jahre)

Total time: 1:31:08

Speed: 11.85 km/h  
 Running performance: 4:56 min/km

Rank in course/Total: 52 (of 149)

Rank in course/Men: 49 (of 122)

Best time in course: 1:10:12

Rank in category: 6(of 16)

Best time in the category: 1:14:14

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	43:06	4:38	6	6:57	38	8:42	9.30	43:06	4:38	6	6:57	38	8:42
Runde	9.00	47:14	5:14	6	10:06	53	12:07	18.30	1:30:20	4:56	6	17:03	49	20:49
Finish	0.20	0:48	4:00	3	0:03	27	0:10	18.50	1:31:08	4:55	6	16:54	49	20:56