



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Maleße, André

Club: Ilmenau
 Number: 458

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:32:15

Speed: 11.71 km/h
 Running performance: 4:59 min/km

Rank in course/Total: 53 (of 149)

Rank in course/Men: 50 (of 122)

Best time in course: 1:10:12

Rank in category: 6(of 11)

Best time in the category: 1:10:12

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	45:17	4:52	6	10:53	49	10:53	9.30	45:17	4:52	6	10:53	49	10:53
Runde	9.00	45:59	5:06	6	10:52	50	10:52	18.30	1:31:16	4:59	6	21:45	50	21:45
Finish	0.20	0:59	4:54	9	0:18	97	0:21	18.50	1:32:15	4:59	6	22:03	50	22:03