



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Reckenbeil, Philipp

Club: Flörsheim
 Number: 472

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:32:35

Speed: 11.67 km/h
 Running performance: 5:00 min/km

Rank in course/Total: 54 (of 149)

Rank in course/Men: 51 (of 122)

Best time in course: 1:10:12

Rank in category: 15(of 23)

Best time in the category: 1:12:23

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	45:36	4:54	16	10:21	51	11:12	9.30	45:36	4:54	16	10:21	51	11:12
Runde	9.00	46:12	5:08	14	10:38	51	11:05	18.30	1:31:48	5:00	15	20:08	51	22:17
Finish	0.20	0:47	3:54	7	0:08	22	0:09	18.50	1:32:35	5:00	15	20:12	51	22:23