



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Uwe, Grütze

Club: Erfurt
 Number: 531

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:33:17

Speed: 11.58 km/h
 Running performance: 5:02 min/km

Rank in course/Total: 56 (of 149)

Rank in course/Men: 52 (of 122)

Best time in course: 1:10:12

Rank in category: 10(of 20)

Best time in the category: 1:18:48

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	46:34	5:00	12	7:29	61	12:10	9.30	46:34	5:00	12	7:29	61	12:10
Runde	9.00	45:51	5:05	11	7:26	49	10:44	18.30	1:32:25	5:03	10	14:21	52	22:54
Finish	0.20	0:52	4:19	10	0:09	54	0:14	18.50	1:33:17	5:02	10	14:29	52	23:05