



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Grebhahn, Bernd

Club: oberhof
 Number: 514

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M65 (65-69 Jahre)

Total time: 1:34:05

Speed: 11.48 km/h
 Running performance: 5:05 min/km

Rank in course/Total: 58 (of 149)

Rank in course/Men: 53 (of 122)

Best time in course: 1:10:12

Rank in category: 2(of 6)

Best time in the category: 1:28:58

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	45:51	4:55	2	1:38	54	11:27	9.30	45:51	4:55	2	1:38	54	11:27
Runde	9.00	47:22	5:15	2	3:22	54	12:15	18.30	1:33:13	5:05	2	5:00	53	23:42
Finish	0.20	0:52	4:19	3	0:07	54	0:14	18.50	1:34:05	5:05	2	5:07	53	23:53