



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Möller, Matthias

Club: Running Gerhards
 Number: 463

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:34:31

Speed: 11.43 km/h
 Running performance: 5:07 min/km

Rank in course/Total: 59 (of 149)

Rank in course/Men: 54 (of 122)

Best time in course: 1:10:12

Rank in category: 16(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.	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	45:10	4:51	15	9:55	48	10:46	9.30	45:10	4:51	15	9:55	48	10:46
Runde	9.00	48:23	5:22	16	12:49	59	13:16	18.30	1:33:33	5:06	16	21:53	54	24:02
Finish	0.20	0:58	4:49	21	0:19	87	0:20	18.50	1:34:31	5:06	16	22:08	54	24:19