



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Hofmann, Raik

Club: USC Magdeburg  
 Number: 434

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M30 (30-34 Jahre)

Total time: 1:34:39

Speed: 11.41 km/h  
 Running performance: 5:07 min/km

Rank in course/Total: 60 (of 149)

Rank in course/Men: 55 (of 122)

Best time in course: 1:10:12

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	45:45	4:55	7	11:21	52	11:21	9.30	45:45	4:55	7	11:21	52	11:21
Runde	9.00	47:59	5:19	7	12:52	56	12:52	18.30	1:33:44	5:07	7	24:13	55	24:13
Finish	0.20	0:55	4:34	5	0:14	68	0:17	18.50	1:34:39	5:06	7	24:27	55	24:27