



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schmidt, René

Club: Wolnzach
 Number: 488

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:35:16

Speed: 11.34 km/h
 Running performance: 5:09 min/km

Rank in course/Total: 61 (of 149)

Rank in course/Men: 56 (of 122)

Best time in course: 1:10:12

Rank in category: 11(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	45:50	4:55	10	6:45	53	11:26	9.30	45:50	4:55	10	6:45	53	11:26
Runde	9.00	48:32	5:23	14	10:07	60	13:25	18.30	1:34:22	5:09	11	16:18	56	24:51
Finish	0.20	0:54	4:30	13	0:11	61	0:16	18.50	1:35:16	5:08	11	16:28	56	25:04