



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Hofmann, Mario

Club: Die flinken Gerataler / TSV 1880 Elgersburg
 Number: 433

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:35:47

Speed: 11.28 km/h
 Running performance: 5:11 min/km

Rank in course/Total: 62 (of 149)

Rank in course/Men: 57 (of 122)

Best time in course: 1:10:12

Rank in category: 12(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	50:30	5:25	17	11:25	85	16:06	9.30	50:30	5:25	17	11:25	85	16:06
Runde	9.00	44:27	4:56	9	6:02	42	9:20	18.30	1:34:57	5:11	12	16:53	57	25:26
Finish	0.20	0:50	4:10	6	0:07	37	0:12	18.50	1:35:47	5:10	12	16:59	57	25:35