



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Heinrich, Andreas

Club: WalschbergRunners  
 Number: 524

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M40 (40-44 Jahre)

Total time: 1:36:29

Speed: 11.19 km/h  
 Running performance: 5:13 min/km

Rank in course/Total: 64 (of 149)

Rank in course/Men: 58 (of 122)

Best time in course: 1:10:12

Rank in category: 7(of 16)

Best time in the category: 1:14:14

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	46:33	5:00	7	10:24	60	12:09	9.30	46:33	5:00	7	10:24	60	12:09
Runde	9.00	48:58	5:26	7	11:50	62	13:51	18.30	1:35:31	5:13	7	22:14	59	26:00
Finish	0.20	0:58	4:49	9	0:13	87	0:20	18.50	1:36:29	5:12	7	22:15	58	26:17