



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Kerst, Alexander

Club: WalschbergRunners
Number: 440

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:36:29

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

Rank in course/Total: 65 (of 149)

Rank in course/Men: 58 (of 122)

Best time in course: 1:10:12

Rank in category: 17(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	46:31	5:00	17	11:16	58	12:07	9.30	46:31	5:00	17	11:16	58	12:07
Runde	9.00	49:00	5:26	18	13:26	64	13:53	18.30	1:35:31	5:13	18	23:51	59	26:00
Finish	0.20	0:58	4:49	21	0:19	87	0:20	18.50	1:36:29	5:12	17	24:06	58	26:17