



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Machatschek, Frank

Club: ohne
 Number: 456

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:36:42

Speed: 11.17 km/h
 Running performance: 5:14 min/km

Rank in course/Total: 66 (of 149)

Rank in course/Men: 61 (of 122)

Best time in course: 1:10:12

Rank in category: 3(of 16)

Best time in the category: 1:26:59

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	48:03	5:09	3	6:05	68	13:39	9.30	48:03	5:09	3	6:05	68	13:39
Runde	9.00	47:49	5:18	3	3:54	55	12:42	18.30	1:35:52	5:14	3	9:40	61	26:21
Finish	0.20	0:50	4:10	3	0:03	37	0:12	18.50	1:36:42	5:13	3	9:43	61	26:30