



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

### Detailed evaluation

#### Kneise, Wolfram

Club: Katholische Laufjugend Arnstadt  
Number: 441

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:37:13

Speed: 11.11 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 68 (of 149)

Rank in course/Men: 62 (of 122)

Best time in course: 1:10:12

Rank in category: 19(of 23)

Best time in the category: 1:12:23

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	47:07	5:03	19	11:52	62	12:43	9.30	47:07	5:03	19	11:52	62	12:43
Runde	9.00	49:10	5:27	19	13:36	66	14:03	18.30	1:36:17	5:15	19	24:37	62	26:46
Finish	0.20	0:56	4:39	19	0:17	71	0:18	18.50	1:37:13	5:15	19	24:50	62	27:01