



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Risch, Stefan

Club: Neustadt am Rstg.
 Number: 474

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:37:30

Speed: 11.08 km/h
 Running performance: 5:16 min/km

Rank in course/Total: 69 (of 149)

Rank in course/Men: 64 (of 122)

Best time in course: 1:10:12

Rank in category: 13(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	48:19	5:11	13	9:14	70	13:55	9.30	48:19	5:11	13	9:14	70	13:55
Runde	9.00	48:13	5:21	13	9:48	58	13:06	18.30	1:36:32	5:16	13	18:28	64	27:01
Finish	0.20	0:58	4:49	18	0:15	87	0:20	18.50	1:37:30	5:16	13	18:42	64	27:18