



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Smerling, Peter

Club: Martinroda
Number: 498

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:38:11

Speed: 11.00 km/h
Running performance: 5:19 min/km

Rank in course/Total: 70 (of 149)

Rank in course/Men: 65 (of 122)

Best time in course: 1:10:12

Rank in category: 14(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	49:17	5:17	15	10:12	75	14:53	9.30	49:17	5:17	15	10:12	75	14:53
Runde	9.00	48:02	5:20	12	9:37	57	12:55	18.30	1:37:19	5:19	14	19:15	65	27:48
Finish	0.20	0:52	4:19	10	0:09	54	0:14	18.50	1:38:11	5:18	14	19:23	65	27:59