



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Hähnlein, Andre

Club: Concordia Gräfenhain
 Number: 426

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:39:04

Speed: 10.90 km/h
 Running performance: 5:21 min/km

Rank in course/Total: 73 (of 149)

Rank in course/Men: 67 (of 122)

Best time in course: 1:10:12

Rank in category: 8(of 16)

Best time in the category: 1:14:14

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	47:36	5:07	8	11:27	65	13:12	9.30	47:36	5:07	8	11:27	65	13:12
Runde	9.00	50:32	5:36	9	13:24	76	15:25	18.30	1:38:08	5:21	8	24:51	67	28:37
Finish	0.20	0:56	4:39	5	0:11	71	0:18	18.50	1:39:04	5:21	8	24:50	67	28:52