



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Hagner, Lutz

Club: Stadtilm
 Number: 425

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M60 (60-64 Jahre)

Total time: 1:39:25

Speed: 10.86 km/h
 Running performance: 5:22 min/km

Rank in course/Total: 74 (of 149)

Rank in course/Men: 68 (of 122)

Best time in course: 1:10:12

Rank in category: 3(of 10)

Best time in the category: 1:30:00

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	48:40	5:13	4	4:29	71	14:16	9.30	48:40	5:13	4	4:29	71	14:16
Runde	9.00	49:55	5:32	3	4:57	72	14:48	18.30	1:38:35	5:23	3	9:26	69	29:04
Finish	0.20	0:50	4:10	2	0:06	37	0:12	18.50	1:39:25	5:22	3	9:25	68	29:13