



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Meyer, Dirk

Club: SV Eintracht Frankenhain
Number: 535

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:39:27

Speed: 10.86 km/h
Running performance: 5:23 min/km

Rank in course/Total: 75 (of 149)

Rank in course/Men: 69 (of 122)

Best time in course: 1:10:12

Rank in category: 15(of 20)

Best time in the category: 1:18:48

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	46:19	4:58	11	7:14	57	11:55	9.30	46:19	4:58	11	7:14	57	11:55
Runde	9.00	52:11	5:47	19	13:46	91	17:04	18.30	1:38:30	5:22	15	20:26	68	28:59
Finish	0.20	0:57	4:44	16	0:14	82	0:19	18.50	1:39:27	5:22	15	20:39	69	29:15