



16. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Heym, Thomas

Club: Ilmenau
Number: 430

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:40:04

Speed: 11.09 km/h
Running performance: 5:25 min/km

Rank in course/Total: 76 (of 149)

Rank in course/Men: 70 (of 122)

Best time in course: 1:10:12

Rank in category: 10(of 16)

Best time in the category: 1:14:48

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	45:53	4:56	9	9:24	55	11:29	9.30	45:53	4:56	9	9:24	55	11:29
Runde	9.00	53:20	5:55	14	15:43	96	18:13	18.30	1:39:13	5:25	10	25:07	70	29:42
Finish	0.20	0:51	4:15	9	0:13	45	0:13	18.50	1:40:04	5:24	10	25:16	70	29:52