



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Reiprich, Bernd

Club: Geschwenda
Number: 473

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:40:14

Speed: 10.77 km/h
Running performance: 5:25 min/km

Rank in course/Total: 78 (of 149)

Rank in course/Men: 71 (of 122)

Best time in course: 1:10:12

Rank in category: 11(of 16)

Best time in the category: 1:14:48

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	48:00	5:09	11	11:31	67	13:36	9.30	48:00	5:09	11	11:31	67	13:36
Runde	9.00	51:20	5:42	11	13:43	84	16:13	18.30	1:39:20	5:25	11	25:14	71	29:49
Finish	0.20	0:54	4:30	10	0:16	61	0:16	18.50	1:40:14	5:25	11	25:26	71	30:02