



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Lange, Heiko

Club: Rennsteig-LV-Suhl
Number: 447

Course: 18.50 km
Lange Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:40:22

Speed: 10.76 km/h
Running performance: 5:26 min/km

Rank in course/Total: 79 (of 149)

Rank in course/Men: 72 (of 122)

Best time in course: 1:10:12

Rank in category: 4(of 16)

Best time in the category: 1:26:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	49:57	5:22	5	7:59	79	15:33	9.30	49:57	5:22	5	7:59	79	15:33
Runde	9.00	49:26	5:29	5	5:31	69	14:19	18.30	1:39:23	5:25	4	13:11	72	29:52
Finish	0.20	0:59	4:54	12	0:12	97	0:21	18.50	1:40:22	5:25	4	13:23	72	30:10