



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Grune, Sascha

Club: Rennsteig Borussen
 Number: 423

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:40:39

Speed: 10.73 km/h
 Running performance: 5:26 min/km

Rank in course/Total: 81 (of 149)

Rank in course/Men: 73 (of 122)

Best time in course: 1:10:12

Rank in category: 20(of 23)

Best time in the category: 1:12:23

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	49:37	5:20	20	14:22	76	15:13	9.30	49:37	5:20	20	14:22	76	15:13
Runde	9.00	50:08	5:34	20	14:34	73	15:01	18.30	1:39:45	5:27	20	28:05	73	30:14
Finish	0.20	0:54	4:30	17	0:15	61	0:16	18.50	1:40:39	5:26	20	28:16	73	30:27