



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Thoma, Manfred

Club: LG Rippershausen
 Number: 501

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M60 (60-64 Jahre)

Total time: 1:41:02

Speed: 10.69 km/h
 Running performance: 5:28 min/km

Rank in course/Total: 83 (of 149)

Rank in course/Men: 75 (of 122)

Best time in course: 1:10:12

Rank in category: 4(of 10)

Best time in the category: 1:30:00

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	50:32	5:26	5	6:21	86	16:08	9.30	50:32	5:26	5	6:21	86	16:08
Runde	9.00	49:38	5:30	2	4:40	71	14:31	18.30	1:40:10	5:28	4	11:01	75	30:39
Finish	0.20	0:52	4:19	4	0:08	54	0:14	18.50	1:41:02	5:27	4	11:02	75	30:50