



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Schertling, Mario

Club: Arnstadt
 Number: 483

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:41:11

Speed: 10.67 km/h
 Running performance: 5:28 min/km

Rank in course/Total: 84 (of 149)

Rank in course/Men: 76 (of 122)

Best time in course: 1:10:12

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	49:02	5:16	4	7:04	74	14:38	9.30	49:02	5:16	4	7:04	74	14:38
Runde	9.00	51:11	5:41	8	7:16	81	16:04	18.30	1:40:13	5:28	5	14:01	76	30:42
Finish	0.20	0:58	4:49	8	0:11	87	0:20	18.50	1:41:11	5:28	5	14:12	76	30:59