



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Rexhäuser, Bernd

Club: Body & Soul
 Number: 539

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M60 (60-64 Jahre)

Total time: 1:41:29

Speed: 10.64 km/h
 Running performance: 5:29 min/km

Rank in course/Total: 86 (of 149)

Rank in course/Men: 78 (of 122)

Best time in course: 1:10:12

Rank in category: 5(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.	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	48:13	5:11	3	4:02	69	13:49	9.30	48:13	5:11	3	4:02	69	13:49
Runde	9.00	52:14	5:48	6	7:16	92	17:07	18.30	1:40:27	5:29	5	11:18	78	30:56
Finish	0.20	1:02	5:10	7	0:18	108	0:24	18.50	1:41:29	5:29	5	11:29	78	31:17