



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. | 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      |