



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Mender, Maik

Club: Arnstadt  
 Number: 461

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M30 (30-34 Jahre)

Total time: 1:41:45

Speed: 10.61 km/h  
 Running performance: 5:30 min/km

Rank in course/Total: 88 (of 149)

Rank in course/Men: 80 (of 122)

Best time in course: 1:10:12

Rank in category: 9(of 11)

Best time in the category: 1:10:12

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	51:21	5:31	10	16:57	92	16:57	9.30	51:21	5:31	10	16:57	92	16:57
Runde	9.00	49:25	5:29	9	14:18	67	14:18	18.30	1:40:46	5:30	9	31:15	80	31:15
Finish	0.20	0:59	4:54	9	0:18	97	0:21	18.50	1:41:45	5:30	9	31:33	80	31:33