



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Zimmermann, Nico

Number: 485

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:41:49

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

Rank in course/Total: 89 (of 149)

Rank in course/Men: 81 (of 122)

Best time in course: 1:10:12

Rank in category: 9(of 16)

Best time in the category: 1:14:14

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	50:41	5:26	9	14:32	87	16:17	9.30	50:41	5:26	9	14:32	87	16:17
Runde	9.00	50:12	5:34	8	13:04	74	15:05	18.30	1:40:53	5:30	9	27:36	81	31:22
Finish	0.20	0:56	4:39	5	0:11	71	0:18	18.50	1:41:49	5:30	9	27:35	81	31:37