



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Hempel, Matthias

Club: Laufteam WTA
 Number: 429

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:42:08
 Speed: 10.57 km/h
 Running performance: 5:31 min/km
 Rank in course/Total: 91 (of 149)
 Rank in course/Men: 83 (of 122)
 Best time in course: 1:10:12
 Rank in category: 12(of 16)
 Best time in the category: 1:14:48

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	49:53	5:21	12	13:24	78	15:29	9.30	49:53	5:21	12	13:24	78	15:29
Runde	9.00	51:18	5:41	10	13:41	83	16:11	18.30	1:41:11	5:31	12	27:05	83	31:40
Finish	0.20	0:57	4:44	13	0:19	82	0:19	18.50	1:42:08	5:31	12	27:20	83	31:56