



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Hille, Helmut

Club: Laufftreff Alteburg Arnstadt
 Number: 431

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M65 (65-69 Jahre)

Total time: 1:42:27

Speed: 10.54 km/h
 Running performance: 5:32 min/km

Rank in course/Total: 92 (of 149)

Rank in course/Men: 84 (of 122)

Best time in course: 1:10:12

Rank in category: 4(of 6)

Best time in the category: 1:28:58

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	48:46	5:14	3	4:33	72	14:22	9.30	48:46	5:14	3	4:33	72	14:22
Runde	9.00	52:43	5:51	4	8:43	94	17:36	18.30	1:41:29	5:32	4	13:16	84	31:58
Finish	0.20	0:58	4:49	5	0:13	87	0:20	18.50	1:42:27	5:32	4	13:29	84	32:15