



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Skolik, Michael

Club: Berlin
 Number: 497

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:42:30

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

Rank in course/Total: 93 (of 149)

Rank in course/Men: 85 (of 122)

Best time in course: 1:10:12

Rank in category: 18(of 20)

Best time in the category: 1:18:48

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	50:45	5:27	18	11:40	88	16:21	9.30	50:45	5:27	18	11:40	88	16:21
Runde	9.00	50:52	5:39	16	12:27	78	15:45	18.30	1:41:37	5:33	18	23:33	85	32:06
Finish	0.20	0:53	4:24	12	0:10	59	0:15	18.50	1:42:30	5:32	18	23:42	85	32:18