



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Lugauer, Dietmar

Club: FSV 1950 Gotha
 Number: 454

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:42:33

Speed: 10.53 km/h
 Running performance: 5:32 min/km

Rank in course/Total: 94 (of 149)

Rank in course/Men: 86 (of 122)

Best time in course: 1:10:12

Rank in category: 6(of 16)

Best time in the category: 1:26:59

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	52:52	5:41	11	10:54	99	18:28	9.30	52:52	5:41	11	10:54	99	18:28
Runde	9.00	48:50	5:25	4	4:55	61	13:43	18.30	1:41:42	5:33	6	15:30	87	32:11
Finish	0.20	0:51	4:15	4	0:04	45	0:13	18.50	1:42:33	5:32	6	15:34	86	32:21