



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Lichtenberg, Conny

Club: GröLiWelt
 Number: 450

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:42:43

Speed: 10.51 km/h
 Running performance: 5:33 min/km

Rank in course/Total: 96 (of 149)

Rank in course/Men: 88 (of 122)

Best time in course: 1:10:12

Rank in category: 13(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.	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	50:12	5:23	13	13:43	81	15:48	9.30	50:12	5:23	13	13:43	81	15:48
Runde	9.00	51:37	5:44	12	14:00	86	16:30	18.30	1:41:49	5:33	13	27:43	88	32:18
Finish	0.20	0:54	4:30	10	0:16	61	0:16	18.50	1:42:43	5:33	13	27:55	88	32:31