



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Vogelmann, Bernd

Club: SV Thuringia Königsee
 Number: 504

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:43:01

Speed: 10.48 km/h
 Running performance: 5:34 min/km

Rank in course/Total: 98 (of 149)

Rank in course/Men: 89 (of 122)

Best time in course: 1:10:12

Rank in category: 7(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	50:16	5:24	6	8:18	83	15:52	9.30	50:16	5:24	6	8:18	83	15:52
Runde	9.00	51:43	5:44	9	7:48	88	16:36	18.30	1:41:59	5:34	7	15:47	89	32:28
Finish	0.20	1:02	5:10	14	0:15	108	0:24	18.50	1:43:01	5:34	7	16:02	89	32:49