



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Goymann, Uwe

Club: Laufftreff Plaue
Number: 419

Course: 18.50 km
Lange Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:43:34

Speed: 10.72 km/h
Running performance: 5:36 min/km

Rank in course/Total: 99 (of 149)

Rank in course/Men: 90 (of 122)

Best time in course: 1:10:12

Rank in category: 8(of 16)

Best time in the category: 1:26:59

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	51:32	5:32	8	9:34	93	17:08	9.30	51:32	5:32	8	9:34	93	17:08
Runde	9.00	51:02	5:40	7	7:07	80	15:55	18.30	1:42:34	5:36	8	16:22	90	33:03
Finish	0.20	1:00	5:00	13	0:13	102	0:22	18.50	1:43:34	5:35	8	16:35	90	33:22