



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Flock, Peter

Club: Lauffeuer Fröttstädt
 Number: 416

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:44:00

Speed: 10.38 km/h
 Running performance: 5:37 min/km

Rank in course/Total: 101 (of 149)

Rank in course/Men: 91 (of 122)

Best time in course: 1:10:12

Rank in category: 14(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	50:24	5:25	14	13:55	84	16:00	9.30	50:24	5:25	14	13:55	84	16:00
Runde	9.00	52:32	5:50	13	14:55	93	17:25	18.30	1:42:56	5:37	14	28:50	91	33:25
Finish	0.20	1:04	5:19	16	0:26	111	0:26	18.50	1:44:00	5:37	14	29:12	91	33:48