



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Lips, Markus

Club: Geraberg  
 Number: 452

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M35 (35-39 Jahre)

Total time: 1:44:39

Speed: 10.32 km/h  
 Running performance: 5:40 min/km

Rank in course/Total: 103 (of 149)

Rank in course/Men: 93 (of 122)

Best time in course: 1:10:12

Rank in category: 22(of 23)

Best time in the category: 1:12:23

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	52:52	5:41	22	17:37	99	18:28	9.30	52:52	5:41	22	17:37	99	18:28
Runde	9.00	50:54	5:39	21	15:20	79	15:47	18.30	1:43:46	5:40	22	32:06	92	34:15
Finish	0.20	0:53	4:24	16	0:14	59	0:15	18.50	1:44:39	5:39	22	32:16	93	34:27