



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Wolter, Steffen

Club: RennsteigSpirit.Training  
Number: 509

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:44:49

Speed: 10.30 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 104 (of 149)

Rank in course/Men: 94 (of 122)

Best time in course: 1:10:12

Rank in category: 9(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	53:20	5:44	12	11:22	101	18:56	9.30	53:20	5:44	12	11:22	101	18:56
Runde	9.00	50:37	5:37	6	6:42	77	15:30	18.30	1:43:57	5:40	9	17:45	94	34:26
Finish	0.20	0:52	4:19	5	0:05	54	0:14	18.50	1:44:49	5:39	9	17:50	94	34:37