



16. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Förtsch, Volker

Club: Stadtilm OT Griesheim
Number: 417

Course: 18.50 km
Lange Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:45:04

Speed: 10.28 km/h
Running performance: 5:41 min/km

Rank in course/Total: 105 (of 149)

Rank in course/Men: 95 (of 122)

Best time in course: 1:10:12

Rank in category: 10(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	52:08	5:36	10	10:10	98	17:44	9.30	52:08	5:36	10	10:10	98	17:44
Runde	9.00	51:58	5:46	10	8:03	89	16:51	18.30	1:44:06	5:41	10	17:54	95	34:35
Finish	0.20	0:58	4:49	8	0:11	87	0:20	18.50	1:45:04	5:40	10	18:05	95	34:52