



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Radtko, Karsten

Club: Gräfinau-Angstedt  
 Number: 519

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M55 (55-59 Jahre)

Total time: 1:45:47

Speed: 10.21 km/h  
 Running performance: 5:43 min/km

Rank in course/Total: 107 (of 149)

Rank in course/Men: 96 (of 122)

Best time in course: 1:10:12

Rank in category: 11(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.	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	51:06	5:29	7	9:08	90	16:42	9.30	51:06	5:29	7	9:08	90	16:42
Runde	9.00	53:43	5:58	12	9:48	98	18:36	18.30	1:44:49	5:43	11	18:37	96	35:18
Finish	0.20	0:58	4:49	8	0:11	87	0:20	18.50	1:45:47	5:43	11	18:48	96	35:35