



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Berlt, André

Club: PFC Ilmenau  
 Number: 406

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M30 (30-34 Jahre)

Total time: 1:46:50

Speed: 10.11 km/h  
 Running performance: 5:46 min/km

Rank in course/Total: 111 (of 149)

Rank in course/Men: 99 (of 122)

Best time in course: 1:10:12

Rank in category: 10(of 11)

Best time in the category: 1:10:12

| 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     | 47:18      | 5:05         | 9           | 12:54       | 64      | 12:54      | 9.30          | 47:18      | 5:05         | 9        | 12:54       | 64      | 12:54      |
| Runde              | 9.00     | 58:30      | 6:30         | 11          | 23:23       | 114     | 23:23      | 18.30         | 1:45:48    | 5:46         | 10       | 36:17       | 98      | 36:17      |
| Finish             | 0.20     | 1:02       | 5:10         | 11          | 0:21        | 108     | 0:24       | 18.50         | 1:46:50    | 5:46         | 10       | 36:38       | 99      | 36:38      |