



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

Control	Intermediate times				Stage score				Total ranking					
	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