



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Mario, Jaeger

Club: SV Frisch-Auf Emleben
 Number: 460

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:46:32

Speed: 10.14 km/h
 Running performance: 5:46 min/km

Rank in course/Total: 109 (of 149)

Rank in course/Men: 97 (of 122)

Best time in course: 1:10:12

Rank in category: 12(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	51:59	5:35	9	10:01	97	17:35	9.30	51:59	5:35	9	10:01	97	17:35
Runde	9.00	53:37	5:57	11	9:42	97	18:30	18.30	1:45:36	5:46	12	19:24	97	36:05
Finish	0.20	0:56	4:39	6	0:09	71	0:18	18.50	1:46:32	5:45	12	19:33	97	36:20