



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Hartleb, Roy

Club: SV Rennsteig
 Number: 427

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:50:14

Speed: 9.80 km/h
 Running performance: 5:58 min/km

Rank in course/Total: 117 (of 149)

Rank in course/Men: 103 (of 122)

Best time in course: 1:10:12

Rank in category: 11(of 16)

Best time in the category: 1:14:14

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	53:36	5:45	11	17:27	104	19:12	9.30	53:36	5:45	11	17:27	104	19:12
Runde	9.00	55:42	6:11	12	18:34	103	20:35	18.30	1:49:18	5:58	11	36:01	103	39:47
Finish	0.20	0:56	4:39	5	0:11	71	0:18	18.50	1:50:14	5:57	11	36:00	103	40:02