



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Gölitz, André

Club: HV Ilmenau 55
 Number: 418

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:50:38

Speed: 9.76 km/h
 Running performance: 5:59 min/km

Rank in course/Total: 119 (of 149)

Rank in course/Men: 104 (of 122)

Best time in course: 1:10:12

Rank in category: 11(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	54:11	5:49	11	19:47	106	19:47	9.30	54:11	5:49	11	19:47	106	19:47
Runde	9.00	55:31	6:10	10	20:24	102	20:24	18.30	1:49:42	5:59	11	40:11	104	40:11
Finish	0.20	0:56	4:39	6	0:15	71	0:18	18.50	1:50:38	5:58	11	40:26	104	40:26