



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Roth, Jan

Club: Leipzig
 Number: 478

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:52:47

Speed: 9.58 km/h
 Running performance: 6:06 min/km

Rank in course/Total: 124 (of 149)

Rank in course/Men: 106 (of 122)

Best time in course: 1:10:12

Rank in category: 12(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	57:11	6:08	15	21:02	113	22:47	9.30	57:11	6:08	15	21:02	113	22:47
Runde	9.00	54:35	6:03	11	17:27	100	19:28	18.30	1:51:46	6:06	12	38:29	106	42:15
Finish	0.20	1:01	5:04	12	0:16	106	0:23	18.50	1:52:47	6:05	12	38:33	106	42:35