



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Berndt, Roland

Club: Erfurt
 Number: 408

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M65 (65-69 Jahre)

Total time: 1:53:11

Speed: 9.54 km/h
 Running performance: 6:07 min/km

Rank in course/Total: 125 (of 149)

Rank in course/Men: 107 (of 122)

Best time in course: 1:10:12

Rank in category: 5(of 6)

Best time in the category: 1:28:58

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	56:05	6:01	5	11:52	109	21:41	9.30	56:05	6:01	5	11:52	109	21:41
Runde	9.00	56:11	6:14	5	12:11	105	21:04	18.30	1:52:16	6:08	5	24:03	107	42:45
Finish	0.20	0:55	4:34	4	0:10	68	0:17	18.50	1:53:11	6:07	5	24:13	107	42:59