



16. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Leder, Daniel

Club: Reichersbeuern

Number: 448

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:54:42

Speed: 9.42 km/h

Running performance: 6:12 min/km

Rank in course/Total: 127 (of 149)

Rank in course/Men: 108 (of 122)

Best time in course: 1:10:12

Rank in category: 13(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	54:46	5:53	13	18:37	107	20:22	9.30	54:46	5:53	13	18:37	107	20:22
Runde	9.00	58:58	6:33	15	21:50	116	23:51	18.30	1:53:44	6:12	13	40:27	108	44:13
Finish	0.20	0:58	4:49	9	0:13	87	0:20	18.50	1:54:42	6:12	13	40:28	108	44:30