



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Berzen, Ronny

Club: VfB Torpedo Ichttershausen
 Number: 520

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:55:14

Speed: 9.37 km/h
 Running performance: 6:14 min/km

Rank in course/Total: 129 (of 149)

Rank in course/Men: 109 (of 122)

Best time in course: 1:10:12

Rank in category: 14(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	55:54	6:00	14	19:45	108	21:30	9.30	55:54	6:00	14	19:45	108	21:30
Runde	9.00	58:12	6:28	14	21:04	111	23:05	18.30	1:54:06	6:14	14	40:49	109	44:35
Finish	0.20	1:08	5:39	16	0:23	116	0:30	18.50	1:55:14	6:13	14	41:00	109	45:02