



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Pohl, Günther

Club: Itv erfurt  
 Number: 468

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M80 (80 Jahre und älter)

Total time: 1:55:50

Speed: 9.32 km/h  
 Running performance: 6:16 min/km

Rank in course/Total: 131 (of 149)

Rank in course/Men: 110 (of 122)

Best time in course: 1:10:12

Rank in category: 1(of 1)

Best time in the category: 1:55:50

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	57:29	6:10	1	-	114	23:05	9.30	57:29	6:10	1	-	114	23:05	
Runde	9.00	57:12	6:21	1	-	107	22:05	18.30	1:54:41	6:16	1	-	110	45:10	
Finish	0.20	1:09	5:44	1	-	118	0:31	18.50	1:55:50	6:15	1	-	110	45:38	