



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Stöckigt, Werner

Club: München  
 Number: 550

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M60 (60-64 Jahre)

Total time: 1:56:04

Speed: 9.30 km/h  
 Running performance: 6:16 min/km

Rank in course/Total: 132 (of 149)

Rank in course/Men: 111 (of 122)

Best time in course: 1:10:12

Rank in category: 8(of 10)

Best time in the category: 1:30:00

Intermediate times

Stage score

Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde   | 9.30        | 57:53         | 6:13            | 9           | 13:42          | 116         | 23:29         | 9.30          | 57:53         | 6:13            | 9           | 13:42          | 116        | 23:29         |
| Runde   | 9.00        | 57:07         | 6:20            | 8           | 12:09          | 106         | 22:00         | 18.30         | 1:55:00       | 6:17            | 8           | 25:51          | 111        | 45:29         |
| Finish  | 0.20        | 1:04          | 5:19            | 8           | 0:20           | 111         | 0:26          | 18.50         | 1:56:04       | 6:16            | 8           | 26:04          | 111        | 45:52         |