



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 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	57:53	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