



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Hartung, Christian

Club: SKIVEREIN EINTRACHT FRANKENHAIN
Number: 428

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:56:32

Speed: 9.27 km/h
Running performance: 6:18 min/km

Rank in course/Total: 133 (of 149)

Rank in course/Men: 112 (of 122)

Best time in course: 1:10:12

Rank in category: 23(of 23)

Best time in the category: 1:12:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	56:40	6:05	23	21:25	111	22:16	9.30	56:40	6:05	23	21:25	111	22:16
Runde	9.00	58:57	6:33	23	23:23	115	23:50	18.30	1:55:37	6:19	23	43:57	112	46:06
Finish	0.20	0:55	4:34	18	0:16	68	0:17	18.50	1:56:32	6:17	23	44:09	112	46:20