



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Seidemann, Andre

Club: VS Leipzig
 Number: 494

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M60 (60-64 Jahre)

Total time: 1:56:43

Speed: 9.25 km/h
 Running performance: 6:19 min/km

Rank in course/Total: 135 (of 149)

Rank in course/Men: 114 (of 122)

Best time in course: 1:10:12

Rank in category: 9(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	57:44	6:12	8	13:33	115	23:20	9.30	57:44	6:12	8	13:33	115	23:20
Runde	9.00	57:53	6:25	10	12:55	110	22:46	18.30	1:55:37	6:19	9	26:28	112	46:06
Finish	0.20	1:06	5:30	9	0:22	114	0:28	18.50	1:56:43	6:18	9	26:43	114	46:31