



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Tönert, Bernd

Club: WSV Ilmenau
Number: 502

Course: 18.50 km
Lange Strecke

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:57:07

Speed: 9.22 km/h
Running performance: 6:20 min/km

Rank in course/Total: 136 (of 149)

Rank in course/Men: 115 (of 122)

Best time in course: 1:10:12

Rank in category: 10(of 10)

Best time in the category: 1:30:00

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	58:22	6:16	10	14:11	117	23:58	9.30	58:22	6:16	10	14:11	117	23:58
Runde	9.00	57:37	6:24	9	12:39	108	22:30	18.30	1:55:59	6:20	10	26:50	115	46:28
Finish	0.20	1:08	5:39	10	0:24	116	0:30	18.50	1:57:07	6:19	10	27:07	115	46:55