



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Tönert, Lars

Club: WSV Ilmenau
Number: 503

Course: 18.50 km
Lange Strecke

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:57:07

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

Rank in course/Total: 137 (of 149)

Rank in course/Men: 115 (of 122)

Best time in course: 1:10:12

Rank in category: 15(of 16)

Best time in the category: 1:14:14

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	16	22:13	117	23:58	9.30	58:22	6:16	16	22:13	117	23:58
Runde	9.00	57:38	6:24	13	20:30	109	22:31	18.30	1:56:00	6:20	15	42:43	116	46:29
Finish	0.20	1:07	5:34	15	0:22	115	0:29	18.50	1:57:07	6:19	15	42:53	115	46:55