



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Sauer, Torsten

Club: Erfurt
 Number: 546

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:57:51

Speed: 9.16 km/h
 Running performance: 6:22 min/km

Rank in course/Total: 139 (of 149)

Rank in course/Men: 117 (of 122)

Best time in course: 1:10:12

Rank in category: 16(of 16)

Best time in the category: 1:14:14

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	53:28	5:44	10	17:19	103	19:04	9.30	53:28	5:44	10	17:19	103	19:04
Runde	9.00	1:03:22	7:02	16	26:14	119	28:15	18.30	1:56:50	6:23	16	43:33	117	47:19
Finish	0.20	1:01	5:04	12	0:16	106	0:23	18.50	1:57:51	6:22	16	43:37	117	47:39