



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Albrecht, Arne

Club: GRV
 Number: 401

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:58:29

Speed: 9.12 km/h
 Running performance: 6:24 min/km

Rank in course/Total: 140 (of 149)

Rank in course/Men: 118 (of 122)

Best time in course: 1:10:12

Rank in category: 13(of 16)

Best time in the category: 1:26:59

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	56:41	6:05	13	14:43	112	22:17	9.30	56:41	6:05	13	14:43	112	22:17
Runde	9.00	1:00:51	6:45	14	16:56	118	25:44	18.30	1:57:32	6:25	13	31:20	118	48:01
Finish	0.20	0:57	4:44	7	0:10	82	0:19	18.50	1:58:29	6:24	13	31:30	118	48:17