



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Senftleben, Stefan

Club: Ilmenau  
Number: 495

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:01:00

Speed: 8.93 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 143 (of 149)

Rank in course/Men: 119 (of 122)

Best time in course: 1:10:12

Rank in category: 14(of 16)

Best time in the category: 1:26:59

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	1:01:50	6:38	14	19:52	119	27:26	9.30	1:01:50	6:38	14	19:52	119	27:26
Runde	9.00	58:12	6:28	13	14:17	111	23:05	18.30	2:00:02	6:33	14	33:50	119	50:31
Finish	0.20	0:58	4:49	8	0:11	87	0:20	18.50	2:01:00	6:32	14	34:01	119	50:48