



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Rödger, Steffen

Club: Hörselberg-Hainich
 Number: 476

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 2:06:59

Speed: 8.51 km/h
 Running performance: 6:52 min/km

Rank in course/Total: 146 (of 149)

Rank in course/Men: 120 (of 122)

Best time in course: 1:10:12

Rank in category: 16(of 16)

Best time in the category: 1:14:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	1:02:06	6:40	16	25:37	120	27:42	9.30	1:02:06	6:40	16	25:37	120	27:42
Runde	9.00	1:03:53	7:05	16	26:16	120	28:46	18.30	2:05:59	6:53	16	51:53	120	56:28
Finish	0.20	1:00	5:00	15	0:22	102	0:22	18.50	2:06:59	6:51	16	52:11	120	56:47