



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Moldenhauer, Frank

Club: Ilmenau
 Number: 462

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 2:08:03

Speed: 8.43 km/h
 Running performance: 6:55 min/km

Rank in course/Total: 148 (of 149)

Rank in course/Men: 121 (of 122)

Best time in course: 1:10:12

Rank in category: 15(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	1:02:50	6:45	15	20:52	121	28:26	9.30	1:02:50	6:45	15	20:52	121	28:26
Runde	9.00	1:04:03	7:06	15	20:08	121	28:56	18.30	2:06:53	6:56	15	40:41	121	57:22
Finish	0.20	1:10	5:49	15	0:23	119	0:32	18.50	2:08:03	6:55	15	41:04	121	57:51