



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |