



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Berwing, Dieter

Club: SV TU-Ilmenau
 Number: 409

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 2:15:48

Speed: 7.95 km/h
 Running performance: 7:20 min/km

Rank in course/Total: 149 (of 149)

Rank in course/Men: 122 (of 122)

Best time in course: 1:10:12

Rank in category: 16(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.	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	1:08:13	7:20	16	26:15	122	33:49	9.30	1:08:13	7:20	16	26:15	122	33:49
Runde	9.00	1:06:24	7:22	16	22:29	122	31:17	18.30	2:14:37	7:21	16	48:25	122	1:05:06
Finish	0.20	1:11	5:54	16	0:24	120	0:33	18.50	2:15:48	7:20	16	48:49	122	1:05:36