



18. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Freitag, Roman

Total time: 1:11:01

Club: GutsMuths-Rennsteiglaufverein / TRCT Racing Speed: 15.63 km/h
 Number: 266 Running performance: 3:50 min/km

Course: 18.50 km
 Lange Strecke

Rank in course/Total: 2 (of 116)

Rank in course/Men: 2 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 2(of 11)

Senioren M35 (35-39)

Best time in the category: 1:06:23

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	35:14	3:47	2	2:29	5	2:29	9.30	35:14	3:47	2	2:29	5	2:29
Runde	9.00	35:08	3:54	2	2:09	2	2:09	18.30	1:10:22	3:50	2	4:38	2	4:38
Finish	0.20	0:39	3:15	1	-	1	-	18.50	1:11:01	3:50	2	4:38	2	4:38