



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Schulz, Sören

Club: Laufteam Erfurt  
Number: 320

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M40 (40-44)

Total time: 1:11:45

Speed: 15.05 km/h  
Running performance: 3:53 min/km

Rank in course/Total: 4 (of 116)

Rank in course/Men: 4 (of 94)

Best time in course: 1:06:23

Rank in category: 2(of 23)

Best time in the category: 1:11:23

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	35:08	3:46	3	0:50	4	2:23	9.30	35:08	3:46	3	0:50	4	2:23
Runde	9.00	35:53	3:59	4	0:23	6	2:54	18.30	1:11:01	3:52	2	0:20	4	5:17
Finish	0.20	0:44	3:39	6	0:05	11	0:05	18.50	1:11:45	3:52	2	0:22	4	5:22