



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Wohlfarth, Steffen

Club: LC Auensee Leipzig
 Number: 339

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44)

Total time: 1:11:23

Speed: 15.13 km/h
 Running performance: 3:52 min/km

Rank in course/Total: 3 (of 116)

Rank in course/Men: 3 (of 94)

Best time in course: 1:06:23

Rank in category: 1(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	35:05	3:46	2	0:47	3	2:20	9.30	35:05	3:46	2	0:47	3	2:20
Runde	9.00	35:36	3:57	2	0:06	4	2:37	18.30	1:10:41	3:51	1	-	3	4:57
Finish	0.20	0:42	3:29	2	0:03	5	0:03	18.50	1:11:23	3:51	1	-	3	5:00