



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Zimmermann, Stefan

Club: Wsv Oberhof
 Number: 357

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44)

Total time: 1:12:04

Speed: 14.99 km/h
 Running performance: 3:54 min/km

Rank in course/Total: 5 (of 116)

Rank in course/Men: 5 (of 94)

Best time in course: 1:06:23

Rank in category: 3(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	35:33	3:49	4	1:15	6	2:48	9.30	35:33	3:49	4	1:15	6	2:48
Runde	9.00	35:46	3:58	3	0:16	5	2:47	18.30	1:11:19	3:53	3	0:38	5	5:35
Finish	0.20	0:45	3:45	7	0:06	14	0:06	18.50	1:12:04	3:53	3	0:41	5	5:41