



# 18. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 08.04.2023

## Detailed evaluation

Schmidt, Sebastian

Number: 317

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M40 (40-44)

Total time: 1:12:13

Speed: 14.95 km/h  
Running performance: 3:54 min/km

Rank in course/Total: 6 (of 116)

Rank in course/Men: 6 (of 94)

Best time in course: 1:06:23

Rank in category: 4(of 23)

Best time in the category: 1:11:23

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	36:04	3:52	5	1:46	7	3:19	9.30	36:04	3:52	5	1:46	7	3:19
Runde	9.00	35:30	3:56	1	-	3	2:31	18.30	1:11:34	3:54	4	0:53	6	5:50
Finish	0.20	0:39	3:15	1	-	1	-	18.50	1:12:13	3:54	4	0:50	6	5:50