



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: 15.37 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 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	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