



18. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Wenzel, Bruno

Club: SC Impuls Erfurt

Number: 334

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54)

Total time: 1:14:41

Speed: 14.46 km/h

Running performance: 4:02 min/km

Rank in course/Total: 7 (of 116)

Rank in course/Men: 7 (of 94)

Best time in course: 1:06:23

Rank in category: 1(of 19)

Best time in the category: 1:14:41

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	36:41	3:56	1	-	8	3:56	9.30	36:41	3:56	1	-	8	3:56
Runde	9.00	37:18	4:08	1	-	8	4:19	18.30	1:13:59	4:02	1	-	7	8:15
Finish	0.20	0:42	3:29	1	-	5	0:03	18.50	1:14:41	4:02	1	-	7	8:18