



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Surowy, Gary

Total time: 1:15:23

Number: 328

Speed: 14.33 km/h

Running performance: 4:04 min/km

Course: 18.50 km

Rank in course/Total: 9 (of 116)

Lange Strecke

Rank in course/Men: 8 (of 94)

Category:

Best time in course: 1:06:23

Senioren M30 (30-34)

Rank in category: 1(of 7)

Best time in the category: 1:15:23

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	37:25	4:01	1	-	10	4:40	9.30	37:25	4:01	1	-	10	4:40
Runde	9.00	37:16	4:08	1	-	7	4:17	18.30	1:14:41	4:04	1	-	8	8:57
Finish	0.20	0:42	3:29	1	-	5	0:03	18.50	1:15:23	4:04	1	-	8	9:00