



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Luderer, Mathias

Club: TRCT Racing Team
 Number: 296

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39)

Total time: 1:16:06

Speed: 14.19 km/h
 Running performance: 4:07 min/km

Rank in course/Total: 10 (of 116)

Rank in course/Men: 9 (of 94)

Best time in course: 1:06:23

Rank in category: 3(of 11)

Best time in the category: 1:06:23

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	37:21	4:00	3	4:36	9	4:36	9.30	37:21	4:00	3	4:36	9	4:36
Runde	9.00	37:58	4:13	3	4:59	9	4:59	18.30	1:15:19	4:06	3	9:35	9	9:35
Finish	0.20	0:47	3:54	3	0:08	22	0:08	18.50	1:16:06	4:06	3	9:43	9	9:43