



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Stutzig, Henrik

Total time: 1:18:13

Number: 327

Speed: 13.81 km/h

Running performance: 4:14 min/km

Course: 18.50 km

Rank in course/Total: 11 (of 116)

Lange Strecke

Rank in course/Men: 10 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 1(of 10)

Senioren M45 (45-49)

Best time in the category: 1:18:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	37:51	4:04	1	-	11	5:06	9.30	37:51	4:04	1	-	11	5:06
Runde	9.00	39:35	4:23	2	1:05	16	6:36	18.30	1:17:26	4:13	1	-	10	11:42
Finish	0.20	0:47	3:54	3	0:08	22	0:08	18.50	1:18:13	4:13	1	-	10	11:50