



# 18. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 08.04.2023

## Detailed evaluation

Stutzig, Henrik

Number: 327

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M45 (45-49)

Total time: 1:18:13

Speed: 14.19 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 11 (of 116)

Rank in course/Men: 10 (of 94)

Best time in course: 1:06:23

Rank in category: 1(of 10)

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.	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