



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Halbedel, Sven

Club: Nordischer Skiverein Wernigerode  
 Number: 271

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M45 (45-49)

Total time: 1:19:09

Speed: 14.02 km/h  
 Running performance: 4:17 min/km

Rank in course/Total: 14 (of 116)

Rank in course/Men: 13 (of 94)

Best time in course: 1:06:23

Rank in category: 2(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     | 40:00      | 4:18         | 4           | 2:09        | 20      | 7:15       | 9.30          | 40:00      | 4:18         | 4        | 2:09        | 20      | 7:15       |
| Runde              | 9.00     | 38:30      | 4:16         | 1           | -           | 10      | 5:31       | 18.30         | 1:18:30    | 4:17         | 2        | 1:04        | 13      | 12:46      |
| Finish             | 0.20     | 0:39       | 3:15         | 1           | -           | 1       | -          | 18.50         | 1:19:09    | 4:16         | 2        | 0:56        | 13      | 12:46      |