



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: 13.64 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