



# 18. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 08.04.2023

## Detailed evaluation

**Heimrich, Dominik**

Club: Rennsteiglauf Verein LG Süd  
Number: 354

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M45 (45-49)

Total time: 1:19:36

Speed: 13.57 km/h  
Running performance: 4:18 min/km

Rank in course/Total: 15 (of 116)

Rank in course/Men: 14 (of 94)

Best time in course: 1:06:23

Rank in category: 3(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	39:07	4:12	2	1:16	13	6:22	9.30	39:07	4:12	2	1:16	13	6:22
Runde	9.00	39:43	4:24	3	1:13	18	6:44	18.30	1:18:50	4:18	3	1:24	14	13:06
Finish	0.20	0:46	3:50	2	0:07	18	0:07	18.50	1:19:36	4:18	3	1:23	14	13:13