



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Schönborn, Frank

Club: Lauffreunde Gotha
 Number: 319

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54)

Total time: 1:19:42

Speed: 13.55 km/h
 Running performance: 4:19 min/km

Rank in course/Total: 16 (of 116)

Rank in course/Men: 15 (of 94)

Best time in course: 1:06:23

Rank in category: 2(of 19)

Best time in the category: 1:14:41

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	39:06	4:12	2	2:25	12	6:21	9.30	39:06	4:12	2	2:25	12	6:21
Runde	9.00	39:52	4:25	3	2:34	20	6:53	18.30	1:18:58	4:18	2	4:59	15	13:14
Finish	0.20	0:44	3:39	2	0:02	11	0:05	18.50	1:19:42	4:18	2	5:01	15	13:19