



18. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Mansfeld, Thilo

Club: Hirschbach
Number: 369

Course: 18.50 km
Lange Strecke

Category:
Senioren M40 (40-44)

Total time: 1:19:53

Speed: 13.52 km/h
Running performance: 4:19 min/km

Rank in course/Total: 17 (of 116)

Rank in course/Men: 16 (of 94)

Best time in course: 1:06:23

Rank in category: 6(of 23)

Best time in the category: 1:11:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	39:59	4:17	7	5:41	18	7:14	9.30	39:59	4:17	7	5:41	18	7:14
Runde	9.00	39:07	4:20	6	3:37	13	6:08	18.30	1:19:06	4:19	6	8:25	16	13:22
Finish	0.20	0:47	3:54	10	0:08	22	0:08	18.50	1:19:53	4:19	6	8:30	16	13:30