



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Schmidt, Uwe

Club: GMRLV
 Number: 318

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59)

Total time: 1:20:36

Speed: 13.40 km/h
 Running performance: 4:22 min/km

Rank in course/Total: 19 (of 116)

Rank in course/Men: 18 (of 94)

Best time in course: 1:06:23

Rank in category: 1(of 11)

Best time in the category: 1:20:36

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	40:43	4:22	1	-	23	7:58	9.30	40:43	4:22	1	-	23	7:58
Runde	9.00	39:08	4:20	1	-	14	6:09	18.30	1:19:51	4:21	1	-	18	14:07
Finish	0.20	0:45	3:45	1	-	14	0:06	18.50	1:20:36	4:21	1	-	18	14:13