



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Vogler, Pascal

Total time: 1:21:01

Number: 331

Speed: 13.70 km/h

Running performance: 4:23 min/km

Course: 18.50 km

Rank in course/Total: 20 (of 116)

Lange Strecke

Rank in course/Men: 19 (of 94)

Category:

Best time in course: 1:06:23

Senioren M30 (30-34)

Rank in category: 2(of 7)

Best time in the category: 1:15:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	39:54	4:17	2	2:29	17	7:09	9.30	39:54	4:17	2	2:29	17	7:09
Runde	9.00	40:16	4:28	2	3:00	21	7:17	18.30	1:20:10	4:22	2	5:29	19	14:26
Finish	0.20	0:51	4:15	2	0:09	38	0:12	18.50	1:21:01	4:22	2	5:38	19	14:38