



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Merrbach, Frank

Club: Team HOHE HECKE
 Number: 358

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44)

Total time: 1:21:35

Speed: 13.24 km/h
 Running performance: 4:25 min/km

Rank in course/Total: 21 (of 116)

Rank in course/Men: 20 (of 94)

Best time in course: 1:06:23

Rank in category: 7(of 23)

Best time in the category: 1:11:23

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	41:22	4:26	12	7:04	27	8:37	9.30	41:22	4:26	12	7:04	27	8:37
Runde	9.00	39:26	4:22	7	3:56	15	6:27	18.30	1:20:48	4:24	7	10:07	20	15:04
Finish	0.20	0:47	3:54	10	0:08	22	0:08	18.50	1:21:35	4:24	7	10:12	20	15:12