



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Hermann, Maik

Club: GMRLV
 Number: 356

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44)

Total time: 1:21:46

Speed: 13.21 km/h
 Running performance: 4:25 min/km

Rank in course/Total: 22 (of 116)

Rank in course/Men: 21 (of 94)

Best time in course: 1:06:23

Rank in category: 8(of 23)

Best time in the category: 1:11:23

Control	Intermediate times				Stage score				Total ranking					
	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	41:21	4:26	11	7:03	26	8:36	9.30	41:21	4:26	11	7:03	26	8:36
Runde	9.00	39:42	4:24	8	4:12	17	6:43	18.30	1:21:03	4:25	8	10:22	21	15:19
Finish	0.20	0:43	3:34	4	0:04	9	0:04	18.50	1:21:46	4:25	8	10:23	21	15:23