



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Schulze, Dirk

Total time: 1:21:51

Number: 321

Speed: 13.19 km/h

Running performance: 4:25 min/km

Course: 18.50 km

Rank in course/Total: 23 (of 116)

Lange Strecke

Rank in course/Men: 22 (of 94)

Category:

Best time in course: 1:06:23

Senioren M40 (40-44)

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	40:08	4:18	8	5:50	21	7:23	9.30	40:08	4:18	8	5:50	21	7:23
Runde	9.00	41:00	4:33	9	5:30	23	8:01	18.30	1:21:08	4:26	9	10:27	22	15:24
Finish	0.20	0:43	3:34	4	0:04	9	0:04	18.50	1:21:51	4:25	9	10:28	22	15:28