



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Spantig, Thomas

Total time: 1:22:00

Number: 326

Speed: 13.54 km/h

Running performance: 4:26 min/km

Course: 18.50 km

Rank in course/Total: 24 (of 116)

Lange Strecke

Rank in course/Men: 23 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 2(of 11)

Senioren M55 (55-59)

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	40:45	4:22	2	0:02	24	8:00	9.30	40:45	4:22	2	0:02	24	8:00
Runde	9.00	40:30	4:30	2	1:22	22	7:31	18.30	1:21:15	4:26	2	1:24	23	15:31
Finish	0.20	0:45	3:45	1	-	14	0:06	18.50	1:22:00	4:25	2	1:24	23	15:37