



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Appun, Tino

Club: ohne
 Number: 252

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44)

Total time: 1:24:33

Speed: 12.77 km/h
 Running performance: 4:34 min/km

Rank in course/Total: 26 (of 116)

Rank in course/Men: 25 (of 94)

Best time in course: 1:06:23

Rank in category: 10(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	41:15	4:26	10	6:57	25	8:30	9.30	41:15	4:26	10	6:57	25	8:30
Runde	9.00	42:31	4:43	12	7:01	29	9:32	18.30	1:23:46	4:34	10	13:05	25	18:02
Finish	0.20	0:47	3:54	10	0:08	22	0:08	18.50	1:24:33	4:34	10	13:10	25	18:10