



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Becherer, Markus

Club: Alteburg Lauftreff
 Number: 256

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44)

Total time: 1:24:49

Speed: 12.73 km/h
 Running performance: 4:35 min/km

Rank in course/Total: 27 (of 116)

Rank in course/Men: 26 (of 94)

Best time in course: 1:06:23

Rank in category: 11(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	40:36	4:21	9	6:18	22	7:51	9.30	40:36	4:21	9	6:18	22	7:51
Runde	9.00	43:18	4:48	13	7:48	32	10:19	18.30	1:23:54	4:35	11	13:13	26	18:10
Finish	0.20	0:55	4:34	16	0:16	57	0:16	18.50	1:24:49	4:35	11	13:26	26	18:26