



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Maleße, André

Number: 299

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39)

Total time: 1:26:35

Speed: 12.47 km/h
 Running performance: 4:41 min/km

Rank in course/Total: 28 (of 116)

Rank in course/Men: 27 (of 94)

Best time in course: 1:06:23

Rank in category: 5(of 11)

Best time in the category: 1:06:23

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	43:21	4:39	5	10:36	30	10:36	9.30	43:21	4:39	5	10:36	30	10:36
Runde	9.00	42:22	4:42	5	9:23	28	9:23	18.30	1:25:43	4:41	5	19:59	27	19:59
Finish	0.20	0:52	4:19	6	0:13	42	0:13	18.50	1:26:35	4:40	5	20:12	27	20:12