



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Iakovlev, Vladislav

Club: Ilmenau
Number: 345

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49)

Total time: 1:27:04

Speed: 12.40 km/h
Running performance: 4:43 min/km

Rank in course/Total: 31 (of 116)

Rank in course/Men: 29 (of 94)

Best time in course: 1:06:23

Rank in category: 5(of 10)

Best time in the category: 1:18:13

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	42:06	4:31	5	4:15	28	9:21	9.30	42:06	4:31	5	4:15	28	9:21
Runde	9.00	44:06	4:54	6	5:36	36	11:07	18.30	1:26:12	4:42	5	8:46	29	20:28
Finish	0.20	0:52	4:19	7	0:13	42	0:13	18.50	1:27:04	4:42	5	8:51	29	20:41