



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Schmidt, Thomas

Club: SV Ilmtal Manebach
 Number: 351

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54)

Total time: 1:28:03

Speed: 12.27 km/h
 Running performance: 4:46 min/km

Rank in course/Total: 33 (of 116)

Rank in course/Men: 31 (of 94)

Best time in course: 1:06:23

Rank in category: 4(of 19)

Best time in the category: 1:14:41

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	43:43	4:42	5	7:02	31	10:58	9.30	43:43	4:42	5	7:02	31	10:58
Runde	9.00	43:29	4:49	5	6:11	33	10:30	18.30	1:27:12	4:45	4	13:13	31	21:28
Finish	0.20	0:51	4:15	7	0:09	38	0:12	18.50	1:28:03	4:45	4	13:22	31	21:40