



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Senglaub, Arvid

Club: Die flinken Gerataler
 Number: 323

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54)

Total time: 1:28:26

Speed: 12.21 km/h
 Running performance: 4:47 min/km

Rank in course/Total: 35 (of 116)

Rank in course/Men: 32 (of 94)

Best time in course: 1:06:23

Rank in category: 5(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	42:53	4:36	4	6:12	29	10:08	9.30	42:53	4:36	4	6:12	29	10:08
Runde	9.00	44:41	4:57	7	7:23	38	11:42	18.30	1:27:34	4:47	5	13:35	32	21:50
Finish	0.20	0:52	4:19	9	0:10	42	0:13	18.50	1:28:26	4:46	5	13:45	32	22:03