



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Schmidt, Jens

Club: LTV Erfurt
 Number: 316

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54)

Total time: 1:29:03

Speed: 12.13 km/h
 Running performance: 4:49 min/km

Rank in course/Total: 38 (of 116)

Rank in course/Men: 35 (of 94)

Best time in course: 1:06:23

Rank in category: 6(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	44:06	4:44	6	7:25	35	11:21	9.30	44:06	4:44	6	7:25	35	11:21
Runde	9.00	44:06	4:54	6	6:48	36	11:07	18.30	1:28:12	4:49	6	14:13	35	22:28
Finish	0.20	0:51	4:15	7	0:09	38	0:12	18.50	1:29:03	4:48	6	14:22	35	22:40