



18. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Flock, Peter

Club: Lauffeuer Fröttstädt e.v.
Number: 360

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54)

Total time: 1:29:37

Speed: 12.05 km/h
Running performance: 4:50 min/km

Rank in course/Total: 39 (of 116)

Rank in course/Men: 36 (of 94)

Best time in course: 1:06:23

Rank in category: 7(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	45:39	4:54	9	8:58	45	12:54	9.30	45:39	4:54	9	8:58	45	12:54
Runde	9.00	43:08	4:47	4	5:50	30	10:09	18.30	1:28:47	4:51	7	14:48	36	23:03
Finish	0.20	0:50	4:10	4	0:08	31	0:11	18.50	1:29:37	4:50	7	14:56	36	23:14