



18. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Donner, André

Club: TuS Breckerfeld
Number: 261

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54)

Total time: 1:30:02

Speed: 12.00 km/h
Running performance: 4:52 min/km

Rank in course/Total: 40 (of 116)

Rank in course/Men: 37 (of 94)

Best time in course: 1:06:23

Rank in category: 8(of 19)

Best time in the category: 1:14:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	44:23	4:46	7	7:42	37	11:38	9.30	44:23	4:46	7	7:42	37	11:38
Runde	9.00	44:47	4:58	8	7:29	42	11:48	18.30	1:29:10	4:52	8	15:11	37	23:26
Finish	0.20	0:52	4:19	9	0:10	42	0:13	18.50	1:30:02	4:51	8	15:21	37	23:39