



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Mölders, Martin

Club: Gutsmuths-Rensteiglaufverein
 Number: 302

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M65 (65-69)

Total time: 1:30:38

Speed: 12.25 km/h
 Running performance: 4:54 min/km

Rank in course/Total: 41 (of 116)

Rank in course/Men: 38 (of 94)

Best time in course: 1:06:23

Rank in category: 1(of 4)

Best time in the category: 1:30:38

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	44:39	4:48	1	-	38	11:54	9.30	44:39	4:48	1	-	38	11:54
Runde	9.00	45:04	5:00	1	-	44	12:05	18.30	1:29:43	4:54	1	-	38	23:59
Finish	0.20	0:55	4:34	3	0:01	57	0:16	18.50	1:30:38	4:53	1	-	38	24:15