



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Winkler, Norman

Club: P2 Team  
 Number: 336

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M45 (45-49)

Total time: 1:31:08

Speed: 11.85 km/h  
 Running performance: 4:56 min/km

Rank in course/Total: 42 (of 116)

Rank in course/Men: 39 (of 94)

Best time in course: 1:06:23

Rank in category: 6(of 10)

Best time in the category: 1:18:13

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	45:38	4:54	7	7:47	44	12:53	9.30	45:38	4:54	7	7:47	44	12:53
Runde	9.00	44:43	4:58	7	6:13	40	11:44	18.30	1:30:21	4:56	6	12:55	39	24:37
Finish	0.20	0:47	3:54	3	0:08	22	0:08	18.50	1:31:08	4:55	6	12:55	39	24:45