



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Rückert, Jonas

Total time: 1:31:24

Number: 311

Speed: 11.82 km/h

Running performance: 4:56 min/km

Course: 18.50 km

Rank in course/Total: 44 (of 116)

Lange Strecke

Rank in course/Men: 41 (of 94)

Category:

Best time in course: 1:06:23

Senioren M40 (40-44)

Rank in category: 13(of 23)

Best time in the category: 1:11:23

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	45:52	4:55	14	11:34	46	13:07	9.30	45:52	4:55	14	11:34	46	13:07
Runde	9.00	44:46	4:58	14	9:16	41	11:47	18.30	1:30:38	4:57	13	19:57	41	24:54
Finish	0.20	0:46	3:50	8	0:07	18	0:07	18.50	1:31:24	4:56	13	20:01	41	25:01