



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Roth, Andreas

Club: LG Brechen
 Number: 310

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59)

Total time: 1:31:27

Speed: 11.81 km/h
 Running performance: 4:56 min/km

Rank in course/Total: 45 (of 116)

Rank in course/Men: 42 (of 94)

Best time in course: 1:06:23

Rank in category: 4(of 11)

Best time in the category: 1:20:36

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	46:00	4:56	6	5:17	50	13:15	9.30	46:00	4:56	6	5:17	50	13:15
Runde	9.00	44:42	4:58	4	5:34	39	11:43	18.30	1:30:42	4:57	4	10:51	43	24:58
Finish	0.20	0:45	3:45	1	-	14	0:06	18.50	1:31:27	4:56	4	10:51	42	25:04