



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Hähnlein, Andre

Number: 270

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M45 (45-49)

Total time: 1:31:31

Speed: 11.80 km/h  
 Running performance: 4:57 min/km

Rank in course/Total: 46 (of 116)

Rank in course/Men: 43 (of 94)

Best time in course: 1:06:23

Rank in category: 8(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	45:20	4:52	6	7:29	42	12:35	9.30	45:20	4:52	6	7:29	42	12:35
Runde	9.00	45:21	5:02	8	6:51	46	12:22	18.30	1:30:41	4:57	8	13:15	42	24:57
Finish	0.20	0:50	4:10	6	0:11	31	0:11	18.50	1:31:31	4:56	8	13:18	43	25:08