



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Schmidt, Jan

Club: TC Suhl  
 Number: 315

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M50 (50-54)

Total time: 1:31:40

Speed: 11.78 km/h  
 Running performance: 4:57 min/km

Rank in course/Total: 47 (of 116)

Rank in course/Men: 44 (of 94)

Best time in course: 1:06:23

Rank in category: 9(of 19)

Best time in the category: 1:14:41

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	45:57	4:56	10	9:16	48	13:12	9.30	45:57	4:56	10	9:16	48	13:12
Runde	9.00	44:50	4:58	9	7:32	43	11:51	18.30	1:30:47	4:57	9	16:48	44	25:03
Finish	0.20	0:53	4:24	12	0:11	50	0:14	18.50	1:31:40	4:57	9	16:59	44	25:17