



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Bastian, Dieter

Total time: 1:32:28

Number: 254

Speed: 11.68 km/h

Running performance: 5:00 min/km

Course: 18.50 km

Rank in course/Total: 50 (of 116)

Lange Strecke

Rank in course/Men: 47 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 5(of 11)

Senioren M55 (55-59)

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	45:28	4:53	5	4:45	43	12:43	9.30	45:28	4:53	5	4:45	43	12:43
Runde	9.00	46:08	5:07	5	7:00	47	13:09	18.30	1:31:36	5:00	5	11:45	47	25:52
Finish	0.20	0:52	4:19	5	0:07	42	0:13	18.50	1:32:28	4:59	5	11:52	47	26:05