



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Krämer, Sascha

Club: Dream Team Ilmenau
 Number: 291

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39)

Total time: 1:32:39

Speed: 11.66 km/h
 Running performance: 5:01 min/km

Rank in course/Total: 51 (of 116)

Rank in course/Men: 48 (of 94)

Best time in course: 1:06:23

Rank in category: 7(of 11)

Best time in the category: 1:06:23

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	44:43	4:48	7	11:58	39	11:58	9.30	44:43	4:48	7	11:58	39	11:58
Runde	9.00	46:59	5:13	7	14:00	49	14:00	18.30	1:31:42	5:00	7	25:58	48	25:58
Finish	0.20	0:57	4:44	8	0:18	65	0:18	18.50	1:32:39	5:00	7	26:16	48	26:16