



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Schmidt, André

Club: Fit mit Schmidt
 Number: 314

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44)

Total time: 1:31:56

Speed: 11.75 km/h
 Running performance: 4:58 min/km

Rank in course/Total: 48 (of 116)

Rank in course/Men: 45 (of 94)

Best time in course: 1:06:23

Rank in category: 14(of 23)

Best time in the category: 1:11:23

Control	Intermediate times				Stage score				Total ranking					
	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	49:38	5:20	16	15:20	58	16:53	9.30	49:38	5:20	16	15:20	58	16:53
Runde	9.00	41:32	4:36	10	6:02	24	8:33	18.30	1:31:10	4:58	14	20:29	45	25:26
Finish	0.20	0:46	3:50	8	0:07	18	0:07	18.50	1:31:56	4:58	14	20:33	45	25:33