



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Alte, Nico

Total time: 1:34:13

Number: 251

Speed: 11.46 km/h

Running performance: 5:05 min/km

Course: 18.50 km

Rank in course/Total: 53 (of 116)

Lange Strecke

Rank in course/Men: 49 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 10(of 19)

Senioren M50 (50-54)

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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	44:49	4:49	8	8:08	40	12:04	9.30	44:49	4:49	8	8:08	40	12:04
Runde	9.00	48:34	5:23	11	11:16	53	15:35	18.30	1:33:23	5:06	10	19:24	49	27:39
Finish	0.20	0:50	4:10	4	0:08	31	0:11	18.50	1:34:13	5:05	10	19:32	49	27:50