



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Abt, Holger

Club: Wasungen
Number: 347

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54)

Total time: 1:35:13

Speed: 11.34 km/h
Running performance: 5:09 min/km

Rank in course/Total: 55 (of 116)

Rank in course/Men: 50 (of 94)

Best time in course: 1:06:23

Rank in category: 11(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.	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	46:56	5:02	12	10:15	52	14:11	9.30	46:56	5:02	12	10:15	52	14:11
Runde	9.00	47:22	5:15	10	10:04	51	14:23	18.30	1:34:18	5:09	11	20:19	50	28:34
Finish	0.20	0:55	4:34	13	0:13	57	0:16	18.50	1:35:13	5:08	11	20:32	50	28:50