



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Merrbach, Thilo

Club: Team HOHE HECKE
 Number: 359

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39)

Total time: 1:36:11

Speed: 11.54 km/h
 Running performance: 5:12 min/km

Rank in course/Total: 58 (of 116)

Rank in course/Men: 51 (of 94)

Best time in course: 1:06:23

Rank in category: 8(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	48:00	5:09	8	15:15	54	15:15	9.30	48:00	5:09	8	15:15	54	15:15
Runde	9.00	47:19	5:15	8	14:20	50	14:20	18.30	1:35:19	5:12	8	29:35	51	29:35
Finish	0.20	0:52	4:19	6	0:13	42	0:13	18.50	1:36:11	5:11	8	29:48	51	29:48