



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Rosenberger, Marcel

Total time: 1:39:21

Number: 309

Speed: 10.87 km/h

Running performance: 5:22 min/km

Course: 18.50 km

Rank in course/Total: 63 (of 116)

Lange Strecke

Rank in course/Men: 55 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 9(of 10)

Senioren M45 (45-49)

Best time in the category: 1:18:13

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	48:22	5:12	9	10:31	56	15:37	9.30	48:22	5:12	9	10:31	56	15:37
Runde	9.00	50:00	5:33	9	11:30	59	17:01	18.30	1:38:22	5:22	9	20:56	55	32:38
Finish	0.20	0:59	4:54	9	0:20	71	0:20	18.50	1:39:21	5:22	9	21:08	55	32:58