



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Heym, Thomas

Total time: 1:39:54

Number: 279

Speed: 10.81 km/h

Running performance: 5:24 min/km

Course: 18.50 km

Rank in course/Total: 64 (of 116)

Lange Strecke

Rank in course/Men: 56 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 12(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	45:59	4:56	11	9:18	49	13:14	9.30	45:59	4:56	11	9:18	49	13:14
Runde	9.00	52:56	5:52	16	15:38	69	19:57	18.30	1:38:55	5:24	12	24:56	56	33:11
Finish	0.20	0:59	4:54	16	0:17	71	0:20	18.50	1:39:54	5:24	12	25:13	56	33:31