



18. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Willing, Steven

Number: 335

Course: 18.50 km
Lange Strecke

Category:
Senioren M40 (40-44)

Total time: 1:40:02

Speed: 10.80 km/h

Running performance: 5:25 min/km

Rank in course/Total: 65 (of 116)

Rank in course/Men: 57 (of 94)

Best time in course: 1:06:23

Rank in category: 16(of 23)

Best time in the category: 1:11:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	50:33	5:26	17	16:15	63	17:48	9.30	50:33	5:26	17	16:15	63	17:48
Runde	9.00	48:37	5:24	16	13:07	54	15:38	18.30	1:39:10	5:25	16	28:29	58	33:26
Finish	0.20	0:52	4:19	14	0:13	42	0:13	18.50	1:40:02	5:24	16	28:39	57	33:39