



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Ackermann, Sven

Club: LG Wasungen
 Number: 362

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39)

Total time: 1:40:45

Speed: 11.02 km/h
 Running performance: 5:27 min/km

Rank in course/Total: 67 (of 116)

Rank in course/Men: 59 (of 94)

Best time in course: 1:06:23

Rank in category: 9(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	49:41	5:20	9	16:56	60	16:56	9.30	49:41	5:20	9	16:56	60	16:56
Runde	9.00	50:07	5:34	9	17:08	60	17:08	18.30	1:39:48	5:27	9	34:04	59	34:04
Finish	0.20	0:57	4:44	8	0:18	65	0:18	18.50	1:40:45	5:26	9	34:22	59	34:22