



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Junghanns, Gerd

Club: Sport und Badverein Vollmershain
 Number: 286

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M65 (65-69)

Total time: 1:41:54

Speed: 10.60 km/h
 Running performance: 5:31 min/km

Rank in course/Total: 70 (of 116)

Rank in course/Men: 61 (of 94)

Best time in course: 1:06:23

Rank in category: 3(of 4)

Best time in the category: 1:30:38

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	51:12	5:30	3	6:33	65	18:27	9.30	51:12	5:30	3	6:33	65	18:27
Runde	9.00	49:48	5:31	3	4:44	57	16:49	18.30	1:41:00	5:31	3	11:17	61	35:16
Finish	0.20	0:54	4:30	1	-	53	0:15	18.50	1:41:54	5:30	3	11:16	61	35:31