



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Hahnemann, Norbert

Club: SG Motor Arnstadt
Number: 269

Course: 18.50 km
Lange Strecke

Category:
Senioren M65 (65-69)

Total time: 1:43:02

Speed: 10.77 km/h
Running performance: 5:34 min/km

Rank in course/Total: 71 (of 116)

Rank in course/Men: 62 (of 94)

Best time in course: 1:06:23

Rank in category: 4(of 4)

Best time in the category: 1:30:38

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	51:46	5:33	4	7:07	69	19:01	9.30	51:46	5:33	4	7:07	69	19:01
Runde	9.00	50:22	5:35	4	5:18	62	17:23	18.30	1:42:08	5:34	4	12:25	62	36:24
Finish	0.20	0:54	4:30	1	-	53	0:15	18.50	1:43:02	5:34	4	12:24	62	36:39