



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Machatschek, Frank

Number: 298

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M60 (60-64)

Total time: 1:43:36

Speed: 10.71 km/h
 Running performance: 5:36 min/km

Rank in course/Total: 72 (of 116)

Rank in course/Men: 63 (of 94)

Best time in course: 1:06:23

Rank in category: 2(of 5)

Best time in the category: 1:27:52

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	51:21	5:31	2	7:27	66	18:36	9.30	51:21	5:31	2	7:27	66	18:36
Runde	9.00	51:26	5:42	3	8:18	63	18:27	18.30	1:42:47	5:36	2	15:45	63	37:03
Finish	0.20	0:49	4:04	1	-	30	0:10	18.50	1:43:36	5:35	2	15:44	63	37:13