



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Pröscholdt, Willi

Total time: 1:43:42

Number: 305

Speed: 10.41 km/h

Running performance: 5:37 min/km

Course: 18.50 km

Rank in course/Total: 73 (of 116)

Lange Strecke

Rank in course/Men: 64 (of 94)

Category:

Best time in course: 1:06:23

Senioren M30 (30-34)

Rank in category: 4(of 7)

Best time in the category: 1:15:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	49:45	5:20	4	12:20	61	17:00	9.30	49:45	5:20	4	12:20	61	17:00
Runde	9.00	53:03	5:53	4	15:47	70	20:04	18.30	1:42:48	5:37	4	28:07	64	37:04
Finish	0.20	0:54	4:30	3	0:12	53	0:15	18.50	1:43:42	5:36	4	28:19	64	37:19