



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Flock, Thomas

Club: Lauffreunde  
Number: 361

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M50 (50-54)

Total time: 1:44:01

Speed: 10.38 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 75 (of 116)

Rank in course/Men: 65 (of 94)

Best time in course: 1:06:23

Rank in category: 14(of 19)

Best time in the category: 1:14:41

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	51:33	5:32	14	14:52	68	18:48	9.30	51:33	5:32	14	14:52	68	18:48
Runde	9.00	51:29	5:43	13	14:11	65	18:30	18.30	1:43:02	5:37	14	29:03	65	37:18
Finish	0.20	0:59	4:54	16	0:17	71	0:20	18.50	1:44:01	5:37	14	29:20	65	37:38