



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Lugauer, Dietmar

Number: 297

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M60 (60-64)

Total time: 1:44:16

Speed: 10.65 km/h  
 Running performance: 5:38 min/km

Rank in course/Total: 76 (of 116)

Rank in course/Men: 66 (of 94)

Best time in course: 1:06:23

Rank in category: 3(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	53:23	5:44	3	9:29	74	20:38	9.30	53:23	5:44	3	9:29	74	20:38
Runde	9.00	49:57	5:33	2	6:49	58	16:58	18.30	1:43:20	5:38	3	16:18	66	37:36
Finish	0.20	0:56	4:39	3	0:07	62	0:17	18.50	1:44:16	5:38	3	16:24	66	37:53