



18. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Lips, Markus

Number: 294

Course: 18.50 km
Lange Strecke

Category:
Senioren M40 (40-44)

Total time: 1:44:37

Speed: 10.61 km/h

Running performance: 5:39 min/km

Rank in course/Total: 77 (of 116)

Rank in course/Men: 67 (of 94)

Best time in course: 1:06:23

Rank in category: 17(of 23)

Best time in the category: 1:11:23

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	19	19:05	74	20:38	9.30	53:23	5:44	19	19:05	74	20:38
Runde	9.00	50:17	5:35	17	14:47	61	17:18	18.30	1:43:40	5:39	17	32:59	67	37:56
Finish	0.20	0:57	4:44	17	0:18	65	0:18	18.50	1:44:37	5:39	17	33:14	67	38:14