



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Vater, Georg

Club: Rennsteiglaufverein/Suhl
Number: 330

Course: 18.50 km
Lange Strecke

Category:
Senioren M55 (55-59)

Total time: 1:45:47

Speed: 10.21 km/h
Running performance: 5:43 min/km

Rank in course/Total: 80 (of 116)

Rank in course/Men: 68 (of 94)

Best time in course: 1:06:23

Rank in category: 6(of 11)

Best time in the category: 1:20:36

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	50:56	5:28	7	10:13	64	18:11	9.30	50:56	5:28	7	10:13	64	18:11
Runde	9.00	53:57	5:59	6	14:49	71	20:58	18.30	1:44:53	5:43	6	25:02	68	39:09
Finish	0.20	0:54	4:30	6	0:09	53	0:15	18.50	1:45:47	5:43	6	25:11	68	39:24