



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Prasser, Niels

Total time: 1:45:49

Number: 304

Speed: 10.21 km/h

Running performance: 5:43 min/km

Course: 18.50 km

Rank in course/Total: 81 (of 116)

Lange Strecke

Rank in course/Men: 69 (of 94)

Category:

Best time in course: 1:06:23

Senioren M50 (50-54)

Rank in category: 15(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	52:26	5:38	15	15:45	70	19:41	9.30	52:26	5:38	15	15:45	70	19:41
Runde	9.00	52:28	5:49	14	15:10	67	19:29	18.30	1:44:54	5:43	15	30:55	69	39:10
Finish	0.20	0:55	4:34	13	0:13	57	0:16	18.50	1:45:49	5:43	15	31:08	69	39:26