



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Prasser, Niels

Number: 304

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54)

Total time: 1:45:49

Speed: 10.49 km/h

Running performance: 5:43 min/km

Rank in course/Total: 81 (of 116)

Rank in course/Men: 69 (of 94)

Best time in course: 1:06:23

Rank in category: 15(of 19)

Best time in the category: 1:14:41

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	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