



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Dietz, Matthias

Total time: 1:46:55

Number: 260

Speed: 10.10 km/h

Running performance: 5:47 min/km

Course: 18.50 km

Rank in course/Total: 84 (of 116)

Lange Strecke

Rank in course/Men: 71 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 10(of 11)

Senioren M35 (35-39)

Best time in the category: 1:06:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	53:48	5:47	10	21:03	79	21:03	9.30	53:48	5:47	10	21:03	79	21:03
Runde	9.00	52:05	5:47	10	19:06	66	19:06	18.30	1:45:53	5:47	10	40:09	71	40:09
Finish	0.20	1:02	5:10	11	0:23	77	0:23	18.50	1:46:55	5:46	10	40:32	71	40:32