



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Bohnebuck, Ulf

Club: SG Motor Arnstadt
Number: 258

Course: 18.50 km
Lange Strecke

Category:
Senioren M55 (55-59)

Total time: 1:47:54

Speed: 10.01 km/h
Running performance: 5:50 min/km

Rank in course/Total: 85 (of 116)

Rank in course/Men: 72 (of 94)

Best time in course: 1:06:23

Rank in category: 7(of 11)

Best time in the category: 1:20:36

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	52:50	5:40	8	12:07	72	20:05	9.30	52:50	5:40	8	12:07	72	20:05
Runde	9.00	54:01	6:00	7	14:53	72	21:02	18.30	1:46:51	5:50	7	27:00	72	41:07
Finish	0.20	1:03	5:15	8	0:18	78	0:24	18.50	1:47:54	5:49	7	27:18	72	41:31