



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Hille, Helmut

Total time: 1:49:02

Number: 280

Speed: 9.91 km/h

Running performance: 5:53 min/km

Course: 18.50 km

Rank in course/Total: 87 (of 116)

Lange Strecke

Rank in course/Men: 74 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 1(of 1)

Senioren M70 (70-74)

Best time in the category: 1:49:02

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	52:37	5:39	1	-	71	19:52	9.30	52:37	5:39	1	-	71	19:52
Runde	9.00	55:18	6:08	1	-	74	22:19	18.30	1:47:55	5:53	1	-	74	42:11
Finish	0.20	1:07	5:34	1	-	83	0:28	18.50	1:49:02	5:53	1	-	74	42:39